

Activity Guide



Winter & Spring 2013



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Better!

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ARPD DIRECTOR'S MESSAGE

As I'm meeting Alamedans throughout the community, one of the things I've enjoyed is hearing stories and the many associations people have with ARPD. Recreation and Parks is so well-established on the island that it seems everyone I meet has a fundamental connection with ARPD – either with the park they played at as a kid, on staff when they were younger, with their kids in programs now or with Mastick Senior Center. Our history is extensive and deep-rooted. Alameda's first municipal park, Jackson Park, opened in 1895 and Alameda was the third city in California (after San Francisco and Los Angeles) to establish a playground system overseen by a citizen's commission.¹ In essence, that makes ARPD the third oldest Recreation and Parks department in California! With such a rich history, ARPD has become part of the fabric of the island. With 19 parks and 17 additional stand-alone facilities, we offer a broad range of services and facilities for all ages and interests – most of which are just a short walk or bike ride from your home.

ARPD welcomes Greenway Golf to the family. Greenway Golf is now operating the Chuck Corica Golf Course and major renovations are planned. I'm already hearing positive comments about their service and care of the greens.

And we now have an amazing opportunity to plan and design a new community park! The Alameda Beltline has been officially transferred to the City of Alameda, extending from Constitution Way to Atlantic Avenue, two blocks north of Buena Vista Avenue. This is the culmination of many years of hard work by Jean Sweeney, who uncovered documents that enabled the City to purchase the land from the railroad for the original purchase price rather than the current market value. Her work made this transfer possible. Jean's vision for the property was open space with a mix of nature and recreation.

ARPD will host community meetings to provide an opportunity for community members to brainstorm and provide input on the design and uses of the Beltline. We want the use to fit current community needs, so all options are up for discussion, including open space and active recreation uses. Be part of the discussion and tell us what you feel is most important. We will also discuss funding options for different uses. You can email us at ARPD@ci.alameda.ca.us with your feedback or to be added to the email list for updates.

Meeting Dates: Saturday, Feb. 9 from 10:00 a.m. – 12:00 p.m. at the O'Club and **Wednesday, Feb 13.** 13 from 7:00 p.m. – 9:00 p.m. at City Hall, Council Chambers (Televised).

ARPD now has over 600 friends on Facebook! And it's an active community with contests, giveaways and resources for parents such as Craft Corner and Cooking with Kids. Like us at www.facebook.com/playARPD.

I look forward to meeting you at a park, event or around town!


Amy Wooldridge, Director

¹ Alameda at Play, A Century of Public Parks and Recreation in a Bay Area City, by Woodruff Minor. This book is a full historical account of recreation and parks in Alameda and available for only \$20 at the ARPD office. Proceeds benefit Friends of the Parks.



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Recreation and Parks Commission

**Meets every 2nd
Thursday at 7:00pm**

**At City Hall, Council Chambers
2263 Santa Clara Ave., Alameda
Everyone welcome**

**Also televised live on
Alameda Cable TV Ch. 15**

CITY DIRECTORY

Alameda City Council

Marie L. Gilmore	Mayor
Marilyn Ezzy Ashcraft	Councilmember Elect
Steward Chen	Councilmember Elect
Tony Daysog	Councilmember Elect
Lena Tam	Councilmember

Recreation and Parks Commission

Joseph Restagno	Chair
Lola Brown	Vice Chair
Ann Cooke	Member
Bill Delaney	Member
Bill Sonneman	Member

STAFF

John Russo	City Manager
Amy Wooldridge	ARPD Director
Jackie Krause	Senior Services Manager
John McDonald	Parks Manager
Patrick Russi	Recreation Supervisor
Christina Bailey	Recreation Specialist
Dennis McDaniels	Recreation Specialist
Mariel Thomas	Recreation Specialist
Nora Pon	Senior Clerk
Amy Vales	Accounting Technician
Susie Brown	Administration

Alameda Recreation & Park Department



Web	www.cityofalamedaca.gov/recreation
Online Registration	www.arpdeplay.com
Email	arpd@ci.alameda.ca.us
Facebook	playARPD on Facebook
Phone	510-747-PLAY
Fax	523-4071
TDD	522-7538
Hours	Mon - Thurs: 8am - 6pm; Fri: closed
Park Maintenance Repair Line	747-7542
Field Condition Hotline (after 2pm)	747-7540
Mastick Senior Center	747-7500
Park & Facilities	Refer to page 19-21

CITY DEPARTMENT PHONE LIST

Emergency (Life or Property at Risk)	911
City Information	747-7400
City Attorney	747-4750
City Clerk & City Council	747-4800
City Manager's Office	747-4700
Alameda Municipal Power (AMP)	748-3901
Community Development	747-6890
Building	747-6800
Economic Development	747-4880
Finance	747-4881
Fire (Non-Emergency only)	337-2100
Chuck Corica Golf Complex	747-7800
Housing Authority	747-4300
Human Resources	747-4900
Job Hotline	747-4901
Library	747-7777
Police (Non-Emergency only)	337-8340
TEL-A-COP Hotline	835-2267
Animal Shelter	337-8565
Public Works	747-7900

COMMUNITY RESOURCES

Alameda Adult School	www.alameda-adult-school.org
Alameda Alligators	www.alameda-alga.com
Alameda Attack Lacrosse	www.alamedalacrosse.com
Alameda Babe Ruth	www.alamedababeruth.com
Alameda Boys & Girls Club	www.alamedabgc.org
Alameda Education Foundation	www.alamedaeducationfoundation.org
Alameda Family Childcare Association	521-3997
Alameda Family Services	www.xanthos.org
Alameda Girls Softball	www.alamedagsa.com
Alameda Historical Museum	www.alamedamuseum.org
Alameda Islanders	www.alamedaislanders.org
Alameda Little League	www.eteamz.com/alamedalittleleague
Alameda Meals on Wheels	www.alamedamealsonwheels.org (865-6131)
Alameda Pirates Football	www.thealamedapirates.org
Alameda Soccer Club	www.alamedasoccer.org
Alameda Swimming Pool Assn	www.alameda-swimming.com
Alameda Unified School District	www.alameda.k12.ca.us
Alameda Wolverines	www.alamedawolverines.com
Alameda Youth Basketball	Randy4sports@hotmail.com
Alameda Youth Collaborative	www.alamedayouth.com
American Red Cross	www.redcross.org
Chamber of Commerce	www.alamedachamber.com
Chuck Corica Golf Complex	www.golfinalameda.com
Crab Cove Visitors Center	www.ebparks.org/parks/vc/crab_cove
East Bay Regional Park District	www.ebparks.org
Girls Inc. of the Island City	www.girlsincislandcity.org
USS Hornet Foundation Museum	www.uss-hornet.org
State Park Info and Reservations	www.parks.ca.gov

COMMUNITY EVENTS

12th Annual Father Daughter "Stars and Hearts Valentine Party"

Co-sponsored by Girls Inc. and Alameda Recreation & Park Department

A special party for girls currently in Kindergarten through 5th grades and their fathers (or other favorite male role models). There will be dancing, arts & crafts, hors d'oeuvres, and lots more fun! Wristlets are available for \$5, pre-order only. Registration begins on December 3rd and ends January 24th or until event sells out, so sign-up early!

Fri., February 8	6:00 – 8:00 p.m. (doors open at 5:30 p.m.)
Cost	\$25 per couple / \$15 each additional daughter
Location	Albert H. DeWitt O'Club, 641 West Redline Ave.
Class #11833	

31st Annual Spring 'Egg' Stravaganza Coloring Contest

A coloring contest open to all aspiring young artists currently enrolled in Kindergarten through 5th grade. Entry forms will be available starting February 19th at local parks, on the ARPD website and Facebook, schools, and libraries. Return your completed entry form to the ARPD office or your local park site. Deadline is March 28th. Prizes will be awarded for 1st, 2nd, 3rd place winners in the following grade divisions: Kindergarten and 1st grades, 2nd and 3rd grades, 4th and 5th grades.

Splash Into Spring Egg Scramble

Ages: Walking to 12 years olds

Sponsors: Rotary Club of Alameda, East Bay Regional Park District & Alameda Recreation and Park Department. Pre-Scramble Activities include Mobile Fish Exhibit, Beach Exploration, Lawn Games, Arts & Crafts & More! Snacks will be available for purchase courtesy of the Alameda Youth Committee (AYC). The scramble will begin promptly at 11:40 in the different age areas.

Saturday, March 23 (Rainout Date is March 30)	10:00 a.m. - 11:45 a.m.
Free, except \$3 for a Photo with your Camera with the Easter Bunny	
Location: Crab Cove Picnic Area, 1252 McKay Ave. (Free Parking available at Otis and Westline Parking Lot)	

Mastick Senior Center Annual Fashion Show & Spring Luncheon

Enjoy good food and fashion at the Annual Thrift Shop Fashion Show and Luncheon. Then shop til you drop at the Thrift Shop! Tickets go on sale: Friday, April 12, 2013.

Thursday, May 9 at 12 p.m.	Mastick Senior Center Social Hall
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Earth Day Festival - Free!

Come celebrate the planet with us at Alameda's Earth Day Festival! As part of celebration, it is our goal to present simple lifestyle changes to help the environment. Enjoy free activities for kids, Earth Day games and exhibits. Learn about building a clean, healthy, sustainable world for generations to come. Participate with the Upcycling Team Sculpting Event – Sign up the morning of the event as a team. All supplies will be given on the day of the event. Use your imagination and creativity! Get involved with the Earth Day Beach Clean-up – Contact Crab Cove Visitor Center at (510) 544-3187.

Saturday, April 20	10:00 a.m. – 3:00 p.m.	Washington Park
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HOLIDAY EVENTS

Breakfast with Santa

You better watch out, you better not cry, you better not pout, I'm telling you why – Santa's here in Alameda! Join Santa for a continental breakfast and everyone gets to decorate a gingerbread cookie plus visit and take a photo with Santa. Both parents and children must register. All children must be accompanied by an adult and pre-registration is required. Space limited to 200 people. No refunds or credits.

Saturday, Dec. 8	10:00 a.m. – 12:00 p.m.
\$10 (13 years and older)	\$5 (2 – 12 years)
FREE (under 2)	Class # 11179
Location: Albert H. DeWitt O'Club, 641 West Redline Ave.	

Elves Workshop

Ages 3 to 5

Come and enjoy making special holiday treats, sing songs, play games and work on a special holiday gift to bring home. Your child must be able to separate from parents, be potty trained and able to take direction from other adults. Limited space – register now! Note: Since supplies must be purchased, there are NO refunds after December 6th

Tuesday – Friday, Dec. 11 – 14	
9:00 a.m. – 12:00 p.m.	Cost: \$75
Location: Godfrey Park	Class # 11188
Location: Woodstock Park	Class # 11189

ALAMEDA WALKS - 2013

The 2013 Alameda Walks schedule will be announced in March on our website and Facebook. We look forward to seeing you then! And keep walking during the off-season with friends and family!

PRESCHOOL

Tiny Tots And Small Fry

The Alameda Recreation and Parks Preschool offers a recreation, play-based program for children ages 3 to 5 years old (pre-kindergarten). Activities include storytelling, games, arts and crafts, cooking, music, motor fitness and free play.



REQUIRED:

- Children must be the correct age on the first day of class
- Children must be completely potty-trained and able to attend to their own personal needs to the best of their ability
- Children must also be able to separate from their parents.
- **PROOF OF AGE IS REQUIRED AT REGISTRATION - NO EXCEPTIONS**

Winter 2013 Session

NEW students for any remaining spots may register Wed., December 5, 2012 at 8:00 a.m. at the ARPD office, 2226 Santa Clara Ave., Alameda. (students in FALL 2012 session have registration priority).

WINTER 2013 SESSION: Jan. 7 - Mar. 29, 2013 (12 weeks)	
Mon-Wed-Fri	Full Payment: \$622 Two Payments: \$326 each*
Tues – Thurs	Full Payment: \$414 Two Payments: \$222 each*
Mon – Friday (5 days) Only Tiny Tots may attend 5 days	Full Payment: \$1,036 Two Payments: \$548 each*
* 1st payment due on enrolling, 2nd split payment due 2/19/13	

SPRING 2013 Session

NEW students for any remaining spots may register Wednesday, March 6, 2013 at 8:00 a.m. at the ARPD office, 2226 Santa Clara Ave., Alameda. (students in Winter 2013 session have registration priority).

SPRING 2013 SESSION: April 8 - May 31, 2013 (8 weeks)	
Mon-Wed-Fri	Full Payment: \$414 Two Payments: \$222 each*
Tues – Thurs	Full Payment: \$276 Two Payments: \$153 each*
Mon – Friday (5 days) Only Tiny Tots may attend 5 days	Full Payment: \$690 Two Payments: \$375 each*
* 1st payment due on enrolling, 2nd split payment due 4/15/13	

WINTER 2013 & Spring 2013 SESSIONs				
SMALL FRY CLASSES (3 to 3 yrs, 11 mo.)			WINTER	SPRING
Mon/Wed/Fri	9:00am – 12:00pm	Godfrey, Bay Farm Island	Class # 11527	Class # 11533
Tues/Thurs	9:00am – 12:00pm	Godfrey, Bay Farm Island	Class # 11528	Class # 11534
Mon/Wed/Fri	9:00am – 12:00pm	Littlejohn Park	Class # 11529	Class # 11535
Tues/Thurs	9:00am – 12:00pm	Littlejohn Park	Class # 11526	Class # 11532
Tues/Thurs	9:00am – 12:00pm	McKinley Park	Class # 11530	Class # 11536
Tues/Thurs	9:00am – 12:00pm	Washington Park	Class # 11531	Class # 11537
TINY TOT CLASSES (4 to 5 years)			WINTER	SPRING
Tues/Thurs	9:00am – 12:00pm	Leydecker, Bay Farm Island	Class # 11539	Class # 11546
Mon/Wed/Fri	9:00am – 12:00pm	Leydecker, Bay Farm Island	Class # 11538	Class # 11545
Mon/Wed/Fri	9:00am – 12:00pm	McKinley Park	Class # 11540	Class # 11547
Mon/Wed/Fri	12:00pm – 3:00pm	McKinley Park	Class # 11543	Class # 11550
Mon/Wed/Fri	9:00am – 12:00pm	Woodstock Park	Class # 11541	Class # 11548
Mon/Wed/Fri	12:00pm – 3:00pm	Woodstock Park	Class # 11544	Class # 11551
Mon/Wed/Fri	9:00am – 12:00pm	Washington Park	Class # 11542	Class # 11549

PLAY GROUPS

Parent/Child Play Group

(2 years to 3 years, 6 mo.)

Experience the wonderful world of pre-school. You and your child will have the opportunity to spend one-on-one time together while learning how play can be an effective learning tool. As a parent, you will also have a chance to share the trials and tribulation of parenthood with other parents.

This class is designed to have you, the parent, leading many of the activities with the guidance of a Tiny Tot instructor who will share with you the techniques used in pre-school. This class will offer a broad range of activities including art, story time, movement, socialization, self-regulation and self-expression. Other siblings may not attend class and parents must stay and participate in the class.

Tues/Thurs	Fee: \$80 (# classes: 8)	Godfrey Park
April 9 to May 3	1:30 to 3:00 p.m.	Class# # 11911

Alameda Wee Play

Ages 6 month - 3 years

Come and experience Alameda's play center for infants and toddlers ages 6 month – 3 years! Activities include arts and crafts, music time, and developmental and exploratory play. Activities are minimally structured which allows children to enjoy and explore on their own terms. Children must be accompanied and supervised by a parent or caregiver at all times.

Days	Mondays, Wednesdays, & Fridays
Times	10:00 a.m. – 1:00 p.m.
Location	Alameda Veteran's Memorial Building, 2203 Central Avenue
Cost	\$6 Drop-in per day per child OR \$60 Drop-in Card for 12 visits
Volunteer to set up or clean up and receive free entrance for that day!	

SUMMER 2013 SNEEK PEEK

TADPOLE CAMP - 3yrs. to pre-K
JUMPING FROG SPORT CAMP - 3yrs. to pre-K
TENNIS CAMP - 3yrs. to pre-K
TENDERFOOT CAMP - 4 yrs. to pre-K
 Art Camp, Cooking and Science for Small Frys & Tiny Tots
 Pre-Kindergarten Readiness Class
 Parent/Child Intro to Pre-School



SWIM LOCATIONS

Encinal Swim Center: 230 Central Ave - 522-4590
Hood Swim Center: 2256 Alameda Ave – 522-8107

YOUTH SWIM

Tiny Tot / Parent Swim

Ages 1 – 4

Encinal Swim Center

A great way to get your young child familiarized with the pool and prepare them for future swim lessons. Parent or guardian must be at least 16 years of age and accompany each child. Swim diapers are required for children who are not potty trained.

April 13 – May 11	
Saturdays	1:20 p.m. – 2:05 p.m.
\$10 drop in for parent/guardian and child	
Discount rate drop in cards	

Lifeguard Training

Ages 15 years and older

The American Red Cross Lifeguard Training course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Participants must pass pre - course swim requirements.

Mon., April 8	
Encinal Swim Center	7:00 p.m. – 8:00 p.m.
Sun., April 14 – May 19	
Emma Hood Swim Center	10:00 a.m. – 4:00 p.m.
Fee: \$185	Class # 11855

Water Safety Instructor Training

Ages 16 and older

This American Red Cross course will train individuals to teach others how to swim. Future instructors will learn how to use course material, develop lesson plans, conduct classes, evaluate students, and complete course records. Participants must pass a swim and water safety skills test. Bring swim suit and towel to all class dates.

Mon., March 4	
Encinal Swim Center	7:30 p.m. – 8:30 p.m.
Sun., March 10, 17, 24, April 7	
Emma Hood Swim Center	10:00 a.m. – 4:00 p.m.
Sat., April 13, 20, 27, 4, 11	
Encinal Swim Center	10:00 a.m. – 4:00 p.m.
Fee: \$235	Class # 11788

Spring Swim Lessons

Ages 3 - 15

Encinal Swim Center

We are excited to offer private swim tutors and group swim lessons. This five week session is a great way to give you and your family a taste of what's to come this summer. Proof of age is required for children 3 – 5, (birth certificate, passport, insurance card, etc.) Please provide a copy if registration is mailed or faxed. Swim diapers are the only type of diapers allowed in the pool.



Saturdays	April 13 – May 11	
Private lesson	10:15 a.m. – 10:45 a.m.	Class # 11789
Ages 3 – 5 Group	11:05 a.m. – 11:35 a.m.	Class # 11790
Ages 6 – 15 Group	11:45 a.m. – 12:30 p.m.	Class # 11791
Ages 3 – 5 Group	12:40 p.m. – 1:10 p.m.	Class # 11792
Private Lesson	\$128 resident / \$148 non-resident	
Ages 3 – 5 Group	\$34 resident / \$39 non-resident	
Ages 6 – 15 Group	\$51 resident / \$59 non-resident	

ADULT SWIM

Adult Lap Swim

Encinal Swim Center

Swim at your own pace or use one of our sample swim workouts. Workouts for beginner through advanced levels will be available. Kick boards provided. Must be at least 16 years old.

Feb. 11 – June 5 (closed Feb. 18 and May 27)	Class # 11766
Mon and Wed	7:15 p.m. – 8:45 p.m.
Saturdays (starting April 13)	9:00 a.m. – 10:00 a.m.
Adults 16 – 49	\$5 resident / \$6 non – resident
Seniors 50 +	\$3 resident/ \$4 non – resident
Discount rate drop in cards available.	

Water Walking

Encinal Swim Center

Aquatic exercise is a great low impact activity that takes the pressure off joints, bones and muscles. Water provides natural resistance, which can help strengthen muscles. Class will take place in waist high, heated water. Participants may bring water shoes, hand webs or other resistance items. Must be at least 16 years old.

April 13 – June 5	Class # 11767
Saturdays	10:10 a.m. – 10:55 a.m.
Adults 16 – 49	\$6 resident / \$7 non – resident
Seniors 50 +	\$4 resident/ \$5 non – resident
Discount rate drop in cards available.	

AFTERSCHOOL PROGRAMS

Recreation Afterschool Program - RAP

Grades K – 5

The Alameda Recreation and Park Department offers a supervised afterschool program with pick up available for students attending AUSD elementary schools. RAP leaders meet the students when school is dismissed, and walk them to the park. (Students must dress appropriately for cold and rainy weather). Participants may register to attend 2, 3 or 5 days a week. RAP does not meet on public school or legal holidays, or AUSD staff development days. RAP covers early Wednesdays and modified days.

Activities include games/sports, cooking, arts and crafts, and a daily snack. RAP meets daily until 5:30 p.m. Children may be picked up by a designated person, or may walk or bike home with permission from their parents.

RAP for 1st through 5th graders is offered at the following sites*:

- Ruby Bridges School – Bayport Park
- Franklin & Lum Schools – Franklin Park
- Amelia Earhart School – Leydecker Park
- Edison & Otis Schools – Lincoln Park
- Haight School – Littlejohn Park
- NEA School – Longfellow Park
- Bayfarm School – Tillman Park
- Maya Lin & Paden Schools – Washington Park

RAP for Kindergartners ONLY is offered at the following sites:

- Maya Lin & Paden Schools – Longfellow Park

A limited number of reduced fees are available for students. To qualify, please complete a fee assistance request form from the Recreation Department.

WINTER Session	December 3, 2012 to March 8, 2013	
SPRING Session	March 11 to June 7, 2013	
RAP (1st through 5th grades)		
5 days/week	Full Payment	\$564
	Two Payments	\$312 each*
3 days/week	Full Payment	\$372
	Two Payments	\$216 each*
2 days/week	Full Payment	\$264
	Two Payments	\$162 each*
*WINTER: 1st due on enrolling, 2nd due 1/24/13		
*SPRING: 1st due on enrolling, 2nd due 4/25/13		
RAP (Kindergarten) payments are different.		
Fee schedule available at www.cityofalameda.gov/recreation		

PAYMENTS MADE AFTER THE DUE DATE WILL BE SUBJECT TO AN AUTOMATIC LATE CHARGE OF \$30. Children may attend RAP two working days or 48 hours after payment is received. All changes must be made 24 hours in advance and subject to a \$15 service charge.

Parks and Playground Program

2012 - 2013 School Year

Grades K – 5

FREE drop-in activities for children in kindergarten through 5th grades. Park sites include: Bayport, Franklin, Lincoln, Longfellow, Tillman, and Washington.

These programs are the perfect opportunity for your child to participate in fun, safe, and cooperative activities where they can be creative, develop skills and make friends in an outdoor setting. Although staff encourages participation, children are not required to participate in scheduled programs. Activities include arts and crafts, cooking, drama, games, nature and special events. A nominal fee may be charged to directly cover activity supply costs. Monthly activity calendars are available upon request. This is not a childcare service! Parents: leave your child alone at the park at your own risk.

Park Hours:

Monday through Friday	3:00 p.m. - 5:00 p.m.
Saturday	12:00 p.m. - 4:00 p.m. at Franklin, Lincoln, and Washington Parks
Sunday	12:00 p.m. - 4:00 p.m. at Lincoln and Washington Parks

All Sites Closed on Holidays:

Thanksgiving	Thurs., Nov. 22 and Fri., Nov. 23
Christmas	Tues., Dec. 25
New Years' Day	Tues., Jan. 1
Martin Luther King Day	Mon. Jan. 21
President's Day	Mon., Feb. 18
Easter	Sun., March 31
Memorial Day	Mon., May 27



LOOK FOR ARPD'S SUMMER AQUATICS PROGRAM

**Diving
Lap Swimming
Private Lessons for Youth and Adults
Water Walking**

WINTER CAMPS

Winter Wonderland Camps

Grades K-5

Make this holiday season special by registering your children for one or both sessions of our fun-filled camps. Arts and crafts, games and cooking are just part of the excitement. *Please bring a bag lunch*

Camp: 9:00 a.m. - 3:00 p.m.	Extended care: 7:30 a.m - 5:30 p.m.	
Located at Harrison Center, Lincoln Park		
Session I		
December 24 - 28	Fee: \$110	Class# 11191
Extended Care	Fee: \$45	Class# 11193
<i>No Camp on December 25th</i>		
Session II		
December 31 – January 4	Fee: \$110	Class# 11192
Extended Care	Fee: \$45	Class# 11194
<i>No Camp on January 1st</i>		
There is a \$15.00 administration fee for any cancellations or changes.		

SPRING CAMPS

Spring Vacation Camp

Grades K - 5th

It's Spring Break! Come and hang out with your friends at our week-long adventure camp! Activities include arts and crafts, cooking, games, drama, music, outside play (weather permitting) and special activities. Lunch will be included on one special day. All participants must bring a bag lunch and wear comfortable walking shoes, socks, and play clothes.

April 1 - 5	Harrison Center
Camp	9:00 a.m. to 3:00 p.m.
Fee : \$140	Class #11836
Extended care	7:30-9:00 a.m. and 3:00 - 5:30 p.m.
Fee: \$70	Class #11837

GLEEful Spring Break Singing Camp

Ages 10 - 18

Sing Your Heart out for three intensive days and then perform for your fans on the fourth. Highlights include vocal instruction, song interpretation, and awesome staging.

Instructor: The Latimerlo Studios

April 2 - 5	Tues. - Fri.	9:00 a.m. - 12:00 p.m.
Veteran's Bldg.	Class# 11724	Fee: \$136 + \$20 supplies (# classes: 4)

SUMMER CAMPS

Registration starts Monday, March 4, 2013. Registration available via mail, email, online, phone, fax or in person.

Camp fills quickly - sign up soon!

You may request to be grouped with one other camper per session (only one allowed). We will make every effort to accommodate requests. Include the friend's name and be sure that he/she is registered for the same camp session.



Hidden Cove Day Camp

Ages 5 - 7 (Completed Kindergarten or 1st Grade)

Explore and enjoy the exciting adventures of the outdoors with hiking, camp skills, cooking, nature crafts, out of town field trips, all highlighted by the Thursday Night Family Camp Program. Parents/Guardians are responsible for transportation. Only campers registered in the extended care program will be bussed to and from camp. The sign in/out is required and is located in the lawn area across from the parking lot at the Otis/Westline entrance to Robert Crown Memorial State Beach Park. A letter with instructions will be mailed to you and must be presented to gain access to the parking lot. *For extended care see next page.*

Monday, Tuesday, Wednesday & Friday	9:00 a.m. - 3:00 p.m.
Thursday	10:00 a.m. - 6:30 p.m.

Class#	Session #	Date	Cost
11890	1	June 17 - 21	\$145
11891	2	June 24 - 28	\$145
11892	3	July 1 - 5 (No camp July 4)	\$120

Trails End

Ages 7 - 11 (Completed 2nd - 5th Grades)

Redwood Regional Park in the Oakland Hills provides the natural setting for the outdoor fun of archery, swimming, hiking, camp skills, nature crafts and cooking. Families may join in the fun at the Thursday Night Family Camp Program. Campers are bussed to and from camp daily except Thursday evenings. *For extended care see next page.*

Monday, Tuesday, Wednesday & Friday	8:30 a.m. - 4:30 p.m.
Thursday	10:00 a.m. - 7:00 p.m.

Class#	Session	Date	Cost
11893	1	July 8 - 12	\$160
11894	2	July 15 - 19	\$160
11895	3	July 22 - 26	\$160
11896	4	July 29 - Aug 2	\$160

Bus Pick-up and Drop-off points for Trails End campers are at the following parks: Franklin, Godfrey, Krusi, Lincoln, Longfellow, McKinley, Tillman and Washington.

CAMPS - YOUTH

Trailblazers

Ages 7 - 11

(Completed 3rd - 5th Grades)

This three-day adventure will include hiking, camp skills, cookouts, archery, swimming; an overnight and just plain fun in the untamed outdoors of Redwood Regional Park in the Oakland Hills. Campers are bused to and from Camp from Franklin and Lincoln Park.

Monday	8:30 a.m. to 5:30 p.m.
Tuesday	8:30 a.m. and overnight
Wednesday	5:30 p.m. return to Alameda

Class#	Session	Date	Cost
11905	1	Aug 5 - 7	\$160

Extended Care Available

for Hidden Cove & Trails End Campers!

Both before and after care is available at Godfrey and Washington Parks. You may drop your child as early as 7:15 a.m. and all children must be picked up by 5:30 p.m.

Fee	\$60-70 per session
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LOOK FOR ARPD'S SUMMER YOUTH SPORTS!

Golf Camps Tennis Camps and Lessons

UPCOMING SUMMER YOUTH FEATURES

World of Wonder (WOW), an all-day summer recreational program during the summer months, will be at two Park sites from 7:15 a.m. - 5:30 p.m., Monday through Friday.

In addition to the variety of recreational activities that include games, sports, cooking, nature, drama, and the usual fun times, ARPD is adding a few new twists to include in town field trips, special events, and a pledge to Let's Move Alameda for a healthier lifestyle.

More details coming in early March. Check the ARPD website and Summer Activity Guide.

POLICE

Alameda Police Hosts the 26th Citizen Police Academy

March 12 - May 14, 2013

This 10 week academy will allow you to explore the many aspects of policing. Classes meet every Tuesday evening from 6:30pm-9:00pm. (unless otherwise specified)

Classes include:

- Shoot a firearm in the police range
- Tour the Santa Rita County Jail
- Learn about crime scene investigations
- Learn defensive tactics
- ...and much more



To Participate in Citizen Police Academy #26 you must:

- Be a minimum of 18 years old
- A resident of or employed in the City of Alameda
- No Misdemeanor or Felony convictions
- Have an interest in law enforcement and having fun

For more information or to get an application:
COPPS@ci.alameda.ca.us • www.alamedapolice.org
Class size is limited so get your application in early.



The Friends of the Parks Foundation of Alameda is an independent, volunteer-led, 501(c)(3) non-profit organization dedicated to protecting, enhancing and expanding parks, recreation and wellness in our wonderful Alameda community. We support numerous programs like Starlight Movies in the Park and offer scholarships to families that allow children to participate in pre-school and the recreation after-school programs, summer camps, and so much more.

We need your support. Whether as a business, or as an individual, our organization will appreciate your involvement. By donating to the Alameda Friends of the Parks, you donate to the betterment of our community and to all those who utilize our parks and park programs.

Please visit our website at www.alamedaparks.org and consider making a tax-deductible donation.

We also encourage you to become a "Friend" of our foundation. You'll be glad that you did.

ENRICHMENT

Parent & Me Robot Building with LEGO

Ages 5 – 8 plus a parent

Has your child become a LEGO Play-Well Engineer? Even better yet, join him/her in the fun of building and playing with robots! Students explore concepts in physics, architecture, mechanical and structural engineering as they create a new robot every weekend with a parent by their side. The engineer-designed curriculum challenges new and returning students to reach higher levels of engineering comprehension while having fun. Instructor: Play-Well TEKologies

Saturday	\$123 (# classes: 4)	Leydecker
Mar. 9 – Mar 30	10:00 a.m. – 11:30 a.m.	Class# 11834

Mommy and Me Ballet

Ages 3 - 4, with caregiver

You and your little one will gain flexibility and learn the basic positions and steps of ballet alongside each other! A great way to get exercise and introduce your child to the world of ballet! No previous experience required. Prior to the first class, please contact Alameda Ballet Academy about their dress code at admin@alamedaballet.com (Subject Line: ARPD).

Wednesday	\$187 (# classes: 10)	Alameda Ballet
Jan. 23 - Mar. 27	9:00 - 9:45 a.m.	Class#11506
Saturday	\$187 (# classes: 10)	Alameda Ballet
Jan 19. - Mar. 30 No Class Feb 16	9:15 - 10:00 a.m.	Class#11507

Pre-Ballet

Ages 4 - 5

Learn the basic positions, rhythms and movements of ballet in a fun creative environment. Prior to the first class, please contact Alameda Ballet Academy about their dress code at admin@alamedaballet.com (Subject Line: ARPD).

Monday	\$187 (# classes: 10)	Alameda Ballet
Jan. 14 - Mar. 25 (No class Feb. 18)	3:45 - 4:30 p.m.	Class#11508
Tuesday	\$187 (# classes: 10)	Alameda Ballet
Jan. 22 - Mar. 26	3:45 - 4:30 p.m.	Class#11509
Wednesday	\$187 (# classes: 10)	Alameda Ballet
Jan. 23 - Mar. 27	3:45 - 4:30 p.m.	Class#11510
Thursday	\$187 (# classes: 10)	Alameda Ballet
Jan. 24 - Mar. 28	3:45 - 4:30 p.m.	Class#11511
Saturday	\$187 (# classes: 10)	Alameda Ballet
Jan. 19 - Mar. 30 (No class Feb. 16)	10:15 - 11:00 a.m.	Class#11512

Ballet 1

Ages 5 - 6

To achieve the beautiful posture and grace of a dancer, students begin by learning the concepts of stretching, strengthening and coordination. Working in first and second positions students learn the basic exercises which comprise a ballet barre and center floor work.

Monday	\$202 (# classes: 10)	Alameda Ballet
Jan. 14 - Mar. 25 (No class Feb. 18)	3:45 - 4:45 p.m.	Class#11513
Wednesday	\$202 (# classes: 10)	Alameda Ballet
Jan. 23 - Mar. 27	3:45 - 4:45 p.m.	Class #11515
Thursday	\$202 (# classes: 10)	Alameda Ballet
Jan. 24 - Mar. 28	3:45 - 4:45 p.m.	Class #11516
Saturday	\$202 (# classes: 10)	Alameda Ballet
Jan. 19 - Mar. 30 (No Class on Feb. 16)	11:00 a.m. - 12:00 p.m.	Class #11517

Introduction to Square Dance

Ages 8 to adult

Square Dancing is friendship set to music! It is an aerobic, interactive cooperative dance form. No partner or special costume required. Please wear comfortable shoes. This class will introduce the BASIC program of Square Dance. Instructor: Charles Clay

Wednesday	\$30 (# classes: 9)	Leydecker
Jan. 16 – Mar. 13	7:00 - 8:30 p.m.	Class# 11521
Apr. 10 – June 5	7:00 – 8:30 p.m.	Class# 11522

Kids' Ballet

Ages 5 - 7 & 6 - 9

Students learn grace and poise as they develop stretching, strength and coordination skills. Students learn basic ballet positions and exercises that will prepare them to begin studying the art of dance. Required dress code – Leotard, tights and ballet shoes. If you need assistance with dancewear, please contact Dance/10 at dance@dance10.org.



Ballet 1 - Ages 5-7: Instructor: Hannah Smith		
Thursdays	\$158 (# classes: 9)	Dance 10
Apr.11 – June 6	4:30 – 5:30 p.m.	Class # 11696
Ballet 1-2 - Ages 6-9: Instructor: KT		
Mondays	\$143 (# classes: 8)	Dance 10
Apr. 8 – June 3	4:30 – 5:30 p.m.	Class # 11697

Kids Hip Hop Jazz

Ages 5 - 9

High energy introduction to dance for energetic movers and shakers with little or no dance experience. Students should be dressed in athletic wear and tennis shoes. Opportunity to perform in dance concert. Information about costume and ticket fees will be given out in class.

Instructor: Bryant Cash-Welch

Thursdays	\$208 (# classes: 12)	Dance 10
Jan. 10 – Mar 28	3:30 – 4:30 p.m.	Class# 11692
Thursdays	\$158 (# classes: 9)	Dance 10
Apr. 11 – June 6	3:30 – 4:30 p.m.	Class# 11693

Kids Jazz

Ages 5 - 8

In this high energy class students dance to upbeat music learning how to isolate body movements, develop coordination and balance all while having fun. Required dress code – Leotard, tights and jazz shoes; shorts are accepted over leotard. If you need assistance with dancewear, please contact Dance/10 at dance@dance10.org.

Instructor: KT

Mondays	\$193 (# classes: 11)	Dance 10
Jan. 7 – Mar. 25 (No class Feb. 18)	3:30 – 4:30 p.m.	Class # 11694
Mondays	\$143 (# classes: 8)	Dance 10
Apr. 8 – June 3 (No class May 27)	3:30 – 4:30 p.m.	Class # 11914

Kid Creators Computer Animation

Ages 7 - 12

Students are introduced to computer animation. Participants will learn skills that help computer drawing, character movement, frame layering and dialogue matching. Students work in small groups on animation technique and will complete a short animated film.

Instructor: Freshi Media Staff

Wednesday	\$122 (# classes: 6)	Veteran's Rm.120
Jan. 16 – Feb. 20	3:30 pm. – 5:00 p.m.	Class# 11880

Game Creators Video Game Design

Ages 7 - 12

Improve your skills and impress family and friends with your game! Returning game creators learn techniques such as character movement, multiple platforms and game formats. Beginners are introduced to game design and computer programming.

Instructor: Freshi Media Staff

Thursday	\$122 (# classes: 6)	Veteran's Rm. 120
Apr. 18 – May 23	3:30 p.m. – 5:00 p.m.	Class# 11883

Taiko Drumming

Ages 10 years & up: see page 27



Oakland Youth Chorus (OYC) Alameda Miracles

Grades K - 5

OYC is a professional, award-winning music education and performance program. Singers enjoy discovering the world through learning songs from a variety of cultures while building musical skills including melody, rhythm, harmony, and music theory. To find out more about OYC, please visit www.oaklandyouthchorus.org.

Instructor: OYC Staff



Grade K - 2

Tuesday	\$143 (# classes: 10)	Veteran's Building
Jan. 18 – Mar. 12	4:30 p.m. – 5:30 p.m.	Class# 11884
Mar. 19 – May 28 (No Class on Apr. 2)	4:30 p.m. – 5:30 p.m.	Class# 11886

Grade 3 - 5

Tuesday	\$143 (# classes: 10)	Veteran's Building
Jan. 18 – Mar. 12	4:30 p.m. – 5:30 p.m.	Class# 11885
Mar. 19 – May 28 (No Class on Apr. 2)	4:30 p.m. – 5:30 p.m.	Class# 11887

FITNESS

Aikido For Children

Ages 5 - 16

This Japanese Martial art class is designed for children and teaches mental awareness, physical capabilities and coordination skills while building healthy values, character and self-esteem.

Instructor: Elmer Tancinco

Alameda Aikikai	\$103	Class# 11590
Wednesday	Jan. 9 – Feb. 27*	4:45 - 5:45 p.m.
Saturday	Jan. 12 – Mar. 2*	9:00 - 10:00 a.m.
*You may choose any 8 classes from this session		
Alameda Aikikai	\$103	Class# 11591
Wednesday	Apr. 4 – May 23*	4:45 - 5:45 p.m.
Saturday	Apr. 6 – May 25*	9:00 - 10:00 a.m.
*You may choose any 8 classes from this session		



Golf

Ages 7-17: see page 23

Kids Gymnastics with Ruby

12 Months - 8 Years

For 20 years, Ruby's Tumbling has provided a fun classroom setting for youngsters to learn the early stages of balance, coordination, flexibility and strength. Watch them gain confidence with every step.

Instructor: Ruby Gama

12 MOS TO 23 MONTH (Parent Participation)		
Wednesday	\$115.50 (# classes: 10)	Ruby's Tumbling
Jan. 9 – Mar. 20 (No class Jan. 30)	9:30 -10:00 a.m.	Class# 11596
Thursday	\$115.50 (# classes: 10)	Ruby's Tumbling
Jan. 10 – Mar. 21 (No class Jan. 31)	9:30 -10:00 a.m.	Class# 11597
Wednesday	\$93 (# classes: 8)	Ruby's Tumbling
Apr. 10 – June 5 (No class May 29)	9:30 -10:00 a.m.	Class# 11598
Thursday	\$93 (# classes: 8)	Ruby's Tumbling
Apr. 11 – June 6 (No class May 30)	9:30 -10:00 a.m.	Class# 11599
24 MOS TO 3 YEARS (Parent Participation)		
Thursday	\$140.50 (# classes: 10)	Ruby's Tumbling
Jan. 10 – Mar 21 (No class Jan. 31)	10:15 -11:00 a.m.	Class# 11600
Friday	\$140.50 (# classes: 10)	Ruby's Tumbling
Jan. 11 – Mar. 15	9:15 -10:00 a.m.	Class# 11601
Thursday	\$113 (# classes: 8)	Ruby's Tumbling
Apr. 11 – June 6 (No class May 30)	10:15 -11:00 a.m.	Class# 11602
Friday	\$113 (# classes: 8)	Ruby's Tumbling
Apr. 12 – June 7 (No class May 31)	9:15 -10:00 a.m.	Class# 11603
3 TO 5 YEARS		
Thursday	\$140.50 (# classes: 10)	Ruby's Tumbling
Jan. 10 - Mar. 21 (No class Jan. 31)	11:15 -12:00 p.m.	Class# 11604
Thursday	\$140.50 (# classes: 10)	Ruby's Tumbling
Jan. 10 – Mar. 21 (No class Jan 31)	5:15 - 6:00 p.m.	Class# 11605
Thursday	\$113 (# classes: 8)	Ruby's Tumbling
Apr. 11 – June 6 (No class May 30)	11:15 -12:00 p.m.	Class# 11607
Thursday	\$113 (# classes: 8)	Ruby's Tumbling
Apr. 11 – June 6 (No class May 30)	5:15 - 6:00 p.m.	Class# 11606
KINDERGARTEN TO 8 YEARS		
Thursday	\$153 (# classes: 10)	Ruby's Tumbling
Jan. 10 – Mar. 21 (No class Jan 31)	4:00-5:00p.m.	Class# 11608
Thursday	\$123 (# classes: 8)	Ruby's Tumbling
Apr. 11 – June 6 (No class May 30)	4:00-5:00p.m.	Class# 11609

Hawaiian Jujitsu for Children

Ages 6 - 14

Jujitsu is a Japanese martial art using the principle of leverage against the strength and weight of an aggressor. Learn simple techniques to control your partner when attacked.

Instructor: Chris Peterson

Tues & Thurs	\$43 (# classes: 8)	Twin Towers
Jan. 8 – Jan. 31	5:30 - 6:30 p.m.	Class# 11674
Feb. 5 – Feb. 28	5:30 - 6:30 p.m.	Class# 11675
Mar. 5 – Mar. 28	5:30 - 6:30 p.m.	Class# 11676
Apr. 9 – May 2	5:30 - 6:30 p.m.	Class# 11679
Tues & Thurs	\$55 (# classes: 10)	Twin Towers
May 7 – June 6	5:30 - 6:30 p.m.	Class# 11680

Ages 15 & Up: see page 29

Kids with Special Needs

Ages 4 to 10

Come explore the world of tumbling. An hour of fun for you and your child to freely wonder and do things at their comfort level. Meet new friends, climb, roll, balance, swing, jump and play. This class can be extra therapy to get those muscles going. To keep this a safe environment we ask that you leave other siblings home.

Instructor: Ruby Gama

Monday	\$63 (# classes: 5)	Ruby's Tumbling
Jan. 7 – Feb. 11 (No class Jan. 21)	6:00 -7:00 p.m.	Class# 11610
Monday	\$63 (# classes: 5)	Ruby's Tumbling
Feb. 25 – Mar. 25	6:00 -7:00 p.m.	Class# 11611
Monday	\$63 (# classes: 5)	Ruby's Tumbling
Apr. 8 – May 6	6:00 -7:00 p.m.	Class# 11612



ZumbAtomic

Ages 4 - 12

Zumbatomic classes are high-energy fitness parties that offer real results. Packed with specially choreographed routines and the latest music, like hip-hop, reggaeton and cumbia. Increases kids focus, self-confidence, boosts metabolism and enhances coordination.

Instructor: Summer Farouni

Ages 4-7		
Thursday	\$99 (# classes: 12)	Veteran's Building
Jan. 10 – Mar. 28	3:30 p.m. – 4:15 p.m.	Class# 11742
Thursday	\$75 (# classes: 9)	Veteran's Building
Apr. 11 – June 6	3:30 p.m. – 4:15 p.m.	Class# 11745
Ages 8 - 12		
Saturday	\$99 (# classes: 12)	Harrison Center
Jan. 12 – Mar. 30	10:30 a.m. - 11:15 a.m.	Class# 11743
Saturday	\$67 (# classes: 8)	Harrison Center
Apr. 13 – June 1	10:30 a.m. - 11:15 a.m.	Class# 11744



SPORTS

Kidz Love Soccer

Ages 2 - 10

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Please bring shin guards and a water bottle.

KLS class status hotline (888) 372-5803.

**KIDZ
LOVE
SOCCER**



Mommy/Daddy & Me Soccer (2-3.5yrs)

Saturday	12:15-12:45pm	Upper Washington Park
Jan 26 – March 16	\$95 (# Classes: 8)	Class # 11776
April 13 – June 15 (no class May 25)	\$110 (# Classes: 9)	Class # 11784

Tot-Soccer (3.5-4yrs)

Saturday	9:30-10:00am	Upper Washington Park
Jan 26 – March 16	\$95 (# Classes: 8)	Class # 11769
April 13 – June 15 (no class May 25)	\$110 (# Classes: 9)	Class # 11777

Tot/Pre-Soccer (3.5-5yrs)

Wednesday	3:10 – 3:45pm	Upper Washington Park
Jan 23 – March 13	\$95 (# Classes: 8)	Class # 11772
April 10 – June 5	\$110 (# Classes: 9)	Class # 11778

Pre-Soccer (4-5yrs)

Saturday	10:00-10:35am	Upper Washington Park
Jan 26 – March 16	\$95 (# Classes: 8)	Class # 11770
April 13 – June 15 (no class May 25)	\$110 (# Classes: 9)	Class # 11779

Soccer 1 (5-6yrs)

Wednesday	3:45 – 4:30pm	Upper Washington Park
Jan 23 – March 13	\$95 (# Classes: 8)	Class # 11773
April 10 – June 5	\$110 (# Classes: 9)	Class # 11780
Saturday	10:35-11:20am	Upper Washington Park
Jan 26 – March 16	\$95 (# Classes: 8)	Class # 11771
April 13 – June 15 (no class May 25)	\$110 (# Classes: 9)	Class # 11782

continued...

Soccer Skillz & Scrimmages (7-10yrs)

Wednesday	4:30 – 5:15pm	Upper Washington Park
Jan 23 – March 13	\$95 (# Classes: 8)	Class # 11774
April 10 – June 5	\$110 (# Classes: 9)	Class # 11781
Saturday	11:20–12:05pm	Upper Washington Park
Jan 26 – March 16	\$95 (# Classes: 8)	Class # 11799
April 13 – June 15 (no class May 25)	\$110 (# Classes: 9)	Class # 11783

Jr. Warriors Basketball Clinic

Grades K - 3

This exciting and innovative program has been specifically designed to offer youngsters in K – 3rd grades an opportunity to participate in an organized program of balanced competition. The program philosophy will stress a positive attitude, teamwork, good sportsmanship, and self-confidence. Fee includes Jr. Warriors jersey, headband, certificate of participation, and ticket voucher for a Warriors home game.



Kindergarten

Saturdays	10:00 – 11:00 a.m.	Alameda Pt. Gymnasium
Jan. 19 – March 2 (no clinics Feb. 16)	\$90 (# Classes: 6)	Class # 11785

1st Grade

Saturdays	11:00 – 12:00 p.m.	Alameda Pt. Gymnasium
Jan. 19 – March 2 (no clinics Feb. 16)	\$90 (# Classes: 6)	Class # 11786

2nd and 3rd Grade

Saturdays	9:00 – 11:00 a.m.	Alameda Pt. Gymnasium
Jan. 19 – March 2 (no clinics Feb. 16)	\$130 (# Classes: 6)	Class # 11787

**LOOK FOR ARPD'S
SUMMER YOUTH SPORTS
PROGRAMMING!**

**All Sports Adventure Camp
Jr. Sluggers
Kidz Love Soccer
Tennis Camps and Lessons
Volleyball Camps**

AFTERSCHOOL PROGRAMS

The Underground

Drop-In for Grades 6 – 12

The Underground Teen Center has computers, big screen TV, pool table, video games, ping pong, board games, music, snack bar, and adult supervision. There is no charge to use The Underground. Participants need to register at the center and must sign-in and sign-out on a daily basis.

Open	Monday through Friday (closed school holidays)
Times	3:00 p.m. – 5:30 p.m.
Drop-in	for all 6th – 12th graders in Alameda
Location	Veteran's Memorial Building 2203 Central Ave., downstairs in Room 170



Club Underground

Grades 6 – 8

CLUB Underground is after school transportation from AUSD middle schools in City/ARPD vehicles to The Underground program. Transportation is not available on public school holidays, AUSD staff development days or unscheduled early release days. Participants must be registered before allowed to ride in the City/ARPD vehicles.

Mon/Tues/Thur/Fri	Pick up: 2:30 p.m. – 3:00 p.m.
Wednesday	Pick up: varies by school
Fee	\$2 per one-way trip OR \$20 ride pass available (10 rides)
Class# 11180	Academy of Alameda
Class# 11181	ACLC
Class# 11182	Lincoln Middle
Class# 11183	NEA
Class# 11184	Wood Middle
Class# 11489	Bay Farm School

Alameda Youth Committee (A.Y.C.)

Grades 6 – 12

Get involved with planning activities for teens: dances, excursions, training, community issues, fundraising, etc. We are seeking serious and responsible teens who would like to get hands-on experience when it comes to event planning. Your creativity, past experience, social ability, and community spirit are needed to assist the Alameda Recreation and Park Department. A commitment is required and community hours will be earned when you participate with AYC. Applications are available at The Underground Teen Center and the Alameda Recreation and Park Department and on the website. *Interviews will be conducted prior to acceptance into the Committee.*

Wednesdays	4:00 p.m. – 5:00 p.m.
Class# 11352	Veteran's Memorial Building, 2203 Central Avenue

Operation Green Sweep

Grades 6 – 12

Operation GreenSweep is looking for teens who want to earn community service hours by helping to maintain our city parks and community centers. Teens will meet ARPD Teen Staff at the Veteran's Memorial Building on Fridays/early release days to work on various park projects. Duties include but are not limited to park clean-up, light trash removal, weeding, etc. Equipment will be provided to participants for different projects. Transportation will be provided to and from the parks. Registrations will be taken until program is full. Program will be held weather-permitting.

Fridays	April 12 - May 24
Class# 11831	3:30 p.m. – 5:00 p.m.
\$45 (includes t-shirt)	Veteran's Memorial Building, 2203 Central Avenue

Teen Volunteer Program

Grades 7 – 12

This program is for students who are interested in volunteering at the parks and playgrounds. Students must complete a volunteer application form and return it to the Recreation and Park Department, 2226 Santa Clara Ave. Applicants will be contacted for an interview. Interviews do not guarantee acceptance into the program. Upon selection, volunteers must attend a training session. Registrations and/or interviews one week prior OR after training session dates will not be accepted. These volunteer hours will satisfy the community service requirement for the schools. Limit 20 students per training session.

#11187	\$45 (includes t-shirt)
Thursday	January 31
4:00 - 5:30 p.m.	Veterans Memorial Building, Rm. 120
#11889	\$45 (includes t-shirt)
Thursday	March 21
4:00 - 5:30 p.m.	Veterans Memorial Building, Rm. 120

TEENS - ENRICHMENT, TRIPS & CAMPS

ENRICHMENT

Aikido For Teens

Ages 13 -18

Aikido is a Japanese martial art, a self-defense system, which primarily emphasizes the use of redirecting the attacker's energy, as opposed to meeting force with force, and not based on physical strength, but technique. Young people learn physical fitness, stretching and relaxation exercises.

Instructor: Elmer Tancinco

Class# 11592	\$93	Alameda Aikikai
Tuesday	Jan. 8 – Mar. 12*	6:00 – 7:15 p.m.
Saturday	Jan. 12 – Mar. 16*	10:15 – 11:15 a.m.

*You may choose any 10 classes for this session.

Class# 11593	\$83	Alameda Aikikai
Tuesday	Apr. 2 – May 21*	6:00 – 7:15 p.m.
Saturday	Jan. 12 – May 25*	10:15 – 11:15 a.m.

*You may choose any 8 classes for this session.

Babysitter's Training

Ages 11 - 15

Learn the basics of being a responsible babysitter and be certified through the American Red Cross. Class includes basic care of infants and toddlers, from feeding to changing. Students learn age-appropriate activities such as first-aid awareness, how to prevent accidents and how to handle emergencies. Upon successful completion, students will receive an ARC Babysitter's Training Card. Pre-registration is required. **This popular class is limited to 20 students, so sign-up early!**

Thursdays	April 11 & 18	3:30 – 7:30 p.m.
\$75/ \$95 after March 28th	Location TBA	Class # 11888

Ballet - Intro

Want to be a Bun Head? This class is geared toward teens that have always wanted to try ballet but didn't start when they were youngsters. Grab a friend and come give it a try. If nothing else, it's a great workout! ABA does have a dress code, please contact us at admin@alamedaballet.com (Subject Line: ARPD) prior to your first class about obtaining dance wear.

Tuesday	\$202 (# Classes: 10)	Alameda Ballet
Jan. 22 - Mar. 26	3:45 p.m. – 4:45 p.m.	Class #11518

Driver Education Internet Study Course

Ages 15+

Are you tired of asking your parents for a ride? Are you at least 15 years old? If so, this class is for you. This is an interactive, online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. Receive DMV-approved Certificate of Completion. This class is a requirement for teens under 18 years old to obtain a learner's permit and driver's license. A licensed instructor is available to answer any questions. Sign up any time and take the online course any time that works for your schedule.

Fee: \$55

Class #11832

TRIPS

Tween/Teen Winter Break Trips

Grades 6 - 12

On the first trip, we'll head to San Francisco by ferry for a day in the City. Enjoy ice skating at the Embarcadero Center and the sights and sounds of San Francisco. On the second trip, we travel to Berkeley Ironworks for rock climbing and finish our day at Bay Street in Emeryville. Participants should bring a lunch, spending money, and warm clothes for both trips. Trips will leave and return to the Underground Teen Center, 2203 Central Avenue.



Ferry to San Francisco & Ice Skating

December 27, 2012	\$50/\$60 after December 13
8:00 a.m. to 5:30 p.m.	Class # 11906

Berkeley Ironworks & Bay Street*

January 3, 2013	\$50/\$60 after December 20
8:00 a.m. - 5:30 p.m.	Class # 11907

*Additional Liability Form required.

Tween/Teen Spring Break Activities

Grades 6 - 12

ARPD is planning some great activities geared towards tweens/teens for their Spring Break. Check it out at <http://www.cityofalamedaca.gov/Recreation/Teens> or ask one of your leaders at the Underground Teen Center, 2203 Central Avenue.

TWEEN SUMMER ADVENTURES

It is not too early to think about summer plans for incoming 6th through 9th grades. Join ARPD and your friends for summer excitement in our Tween Adventure Program. These weekly Adventure programs are filled with fun in the sun, lots of activities, and many learning

experiences. Your Tweens will make new friends, learn new skills, have some fun, and create lots of memories.

ARPD offers 8 weekly adventure programs starting on June 17th. Monday through Friday from 7:30 a.m. to 5:30 p.m. Space is limited so sign up early to guarantee a spot in this exciting adventure. Check back again to see what ARPD has in store for your Tweens this summer.

FACILITY & PARK RENTALS

ARPD Main Office

2226 Santa Clara Ave., 747-PLAY, ARPD@ci.alameda.ca.us

Maintenance Request Line

To report an issue in a park or facility 747-7542

Albert H. DeWitt O'Club

641 West Redline Ave., Alameda Point

A beautiful, historic facility available for parties, weddings, special events and family functions. The facility features wood paneling, crystal chandeliers, and a parquet dance floor. The O'Club is an ideal venue for wedding receptions, banquets, social gathering and conferences. Rental fee includes room set-up, janitorial service and staff supervision. Seats up to 240 people.

Resident Private Rental Fees (4 hour minimum)	
Main Dining Room (250 max)	\$150/hour
Trident Room (120 max)	\$125/hour
Terrace Room (90 max)	\$100/hour
Squadron Room (50 max)	\$50/hour
Security deposit applies to all rentals	\$500
Other fees may apply	

Recreation Centers at Bayport, Leydecker & Lincoln Parks

Rec Centers are available to individuals and organizations and are ideal for private parties, birthdays, showers, dinners and other social functions. Seats up to 110 people.

Resident Private Rental Fee (2 hour min)	\$90/hour
Security deposit	\$300
Additional fee structure and other fees may apply.	

Picnic Areas and Athletic Fields

These are available to individuals and organizations. Alcohol is not permitted.

Picnic tables available at the following parks: Franklin, Godfrey, Krusi, Leydecker, Lincoln, Littlejohn, Tillman and Washington. Picnic areas may be reserved from 9:00am – 8:00pm.

Resident Private Rental Fee (3 hour min)	\$50/hour
Other fees may apply	

Meyers House and Garden

2021 Alameda Ave.

Alameda's first and only House Museum and a beautiful space for wedding and small receptions. In addition, the Alameda Historical Museum sponsors a house tour the 4th Saturday of each month. Admission is \$3 per person and all proceeds are put back into the House and Gardens.

For all facilities, reservations may be made in person at the Recreation Office, 2226 Santa Clara Ave. or requested by emailing ARPD@ci.alameda.ca.us.

Hours: Mon. - Thurs. 8:00 a.m. - 6:00 p.m.

A minimum advanced notice of two weeks is required. Facilities are not available on holiday weekends including: New Year's Eve, Martin Luther King Day, Presidents' Day, Easter, Memorial Day, July 4th, Labor Day, Veterans Day, Thanksgiving Day/Day After and Christmas Eve/Day.

ADDITIONAL FACILITIES AVAILABLE TO THE PUBLIC

Encinal and Grand Street Boat Ramps

ARPD maintains two free public boat launching ramps. Both Boat Ramps include a launching ramp, restrooms, and automobile and trailer parking. The Grand Street Boat Ramp also includes a fishing pier and fish cleaning facilities.

Bill Osborne Model Airplane Field

Free flying lessons are held from 8:30am – 11:30am Sundays by appointment only, weather permitting. Equipment provided by Aero-nuts. For more info, visit www.aero-manics.com. Fees are not required for flying model airplanes but proof of personal liability insurance is required.



FACILITY & PARK

**ALL
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ARPD Main Office

2226 Santa Clara Ave.

747-PLAY

ARPD@ci.alameda.ca.us

www.cityofalameda.gov/recreation

Online registration: www.arpdeplay.com

www.facebook.com/playARPD

Maintenance Request Line

to report an issue in a park
or facility 747-7542



FACILITY & PARK

PULL-OUT
SECTION

ENJOY
THAT THE
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AMEDA
AS TO
FFER!

FACILITY & PARK LOCATIONS

Alameda Point Gym	1101 West Redline Ave.	747-PLAY
Bayport Park	301 Jack London Ave.	263-1428
City View Skate Park (Alameda Point)	1177 West Redline Ave.	
Chuck Corica Golf Complex	1 Clubhouse Memorial Dr.	747-7800
Dog Park (Robert Crown Memorial Beach)	next to Washington Park Tennis Courts	
Emma Hood Swim Center	2256 Alameda Ave.	522-8107
Encinal Boat Ramp	Central Ave. behind Encinal High	
Encinal Swim Center	230 Central Ave.	522-4590
Franklin Park	1432 San Antonio Ave.	522-3132
Godfrey Park	281 Beach Rd.	521-1551
Grand Street Boat Ramp	North End of Grand St.	
Harrington Field	3400 Oleander Ave.	
Jackson Park	2430 Encinal Ave.	
Krusi Park	900 Mound St.	522-4341
Leydecker Park	3225 Mecartney Rd.	521-1266
Lincoln Park/Harrison Center	1450 High St.	523-6222
Littlejohn Park	1401 Pacific Ave.	523-1510
Longfellow Park	520 Lincoln Ave.	522-5262
Main Street Linear Park	Atlantic Ave.	
Marina Cove Waterfront Park	1591 Clement St.	
Mastick Senior Center	1155 Santa Clara Ave.	747-7500
McKinley Park	2165 Buena Vista Ave.	522-6161
Meyers House Museum & Garden	2021 Alameda Ave.	521-1247
Neptune Park	2301 Webster St.	
O'Club	641 West Redline Ave.	747-PLAY
Bill Osborne Model Airplane Field	Doolittle Dr. at Harbor Bay Parkway	
Rittler Park	1400 Otis Dr.	
Shoreline Park	2801 Seaview Parkway	
Tillman Park	220 Aughinbaugh Wy.	521-8307
Underground Teen Center	Veteran's Building, Rm 170	748-9466
Veteran's Memorial Building	2203 Central Ave.	864-4017
Towata Park	3315 Bridgeway Isle	
Washington Park	740 Central Ave.	521-0162
Woodstock Park	351 Cypress St.	521-0656



LIBRARY

ALAMEDA FREE LIBRARY

The Alameda Free Library serves our community at three locations with a variety of services, including current and historic materials, internet access, books on audio, CDs, DVDs, storytimes, reference services, tax forms, foreign language materials, online databases, and special programs. The Main Library also features small group study rooms, larger meeting facilities and a café.

Main Library	
1550 Oak Street	510-747-7777
Mon - Wed	12 p.m. – 8 p.m.
Thurs	10 a.m. – 6 p.m.
Fri – Sat	10 a.m. – 5 p.m.
Sun	1 p.m. – 5 p.m.
Closed	Holidays
Bay Farm Island Library	
3221 Mecartney Road	510-747-7787
Mon & Thurs	10 a.m. – 6 p.m.
Tues	12 p.m. – 8 p.m.
Sat	10 a.m. – 5 p.m.
Closed	Wed, Fri, Sun & Holidays
West End Library	
788 Santa Clara Avenue	510-747-7767
Mon	12 p.m. – 8 p.m.
Wed & Thurs	10 a.m. – 6 p.m.
Sat	10 a.m. – 5 p.m.
Closed	Tues, Fri, Sun & Holidays
READY to go!	
677 West Ranger Avenue	Alameda Free Library's newest branch!
Open 24/7, this book vending machine is READY to go!	

Alameda Reads

**Free tutors help adults read and write better.
Want to be a tutor? Need a tutor?**

Call us: 510-865-2454	2203 Central Avenue
Mon – Wed: 9am – 2pm	Thurs: 4 p.m. – 8 p.m.

Online Services

The Alameda Free Library's website allows you to check our catalog online, check your library account, place holds, and renew materials. You also have access to electronic databases containing thousands of full-text magazine, journal, and book articles, as well as tutoring services for students through our Live Homework Help® link! www.alamedafree.org

Follow Us!

The Alameda Free Library is on the web. Follow us on Twitter at @alamedafree or friend us on Facebook and keep up to date on what's new at the Library.



Storytimes

Mama Goose Storytime	Ages 1 – 3
Main Library	Saturdays 10 a.m.
Peter Rabbit Storytime	Ages 3 – 5
West End Library	Wednesdays 10:30 a.m.
Main Library	Thursdays 10:30 a.m.
School-Age Storytime	Ages 5 – 8
Main Library	Wednesdays 3:30 p.m.
Family Storytime	All ages
Main Library	Sundays 2 p.m.
Bay Farm Island Library	Tuesdays 7 p.m.
Alameda Community Sing-Along	Ages 0 – 3
Main Library	Mondays 10:15 a.m.

Ongoing Programs

Alameda Library Book Group

Second Monday of each month 7pm. Call 510-747-7713 for more information

Children's and Teens Book Clubs

Call 510-747-7705 for dates and times

Self-Paced Computer Classes

These courses are designed to help learners gain a solid foundation of computing principals. Call 747-7709 for more info.

Lawyers in the Library

Local attorneys, through the Alameda County Bar Association, offer free legal assistance and referral. Call 747-7713 for more information.

Special Programs for Children

The Library has lots of special programs going on this fall. Check us out at www.alamedafree.org or call 747-7705 for dates, times, and locations.

Museum of Children's Art Drop-in Art Programs

For children ages 5 and up. Join your friends and a Professional Teaching Artist from MOCHA and make something wild and wonderful.

Family Game Day

For children in second through eighth grade and their favorite adults. Challenge your favorite adult to cards, a board game, or even the Wii!

We Love Legos

For children ages 3 and up and their favorite adults. We'll give you a suggested challenge, you add imagination, the library's Legos, and your building skills. The results are up to you!

Paws to Read

Children in kindergarten through fifth grade get to read their favorite books to certified therapy pets.

CHUCK CORICA GOLF COMPLEX

**1 Clubhouse Memorial Drive
747-7800 • www.golfinalameda.com**

A golfers destination with 45 holes of challenging, yet enjoyable golf, a staff of PGA Professionals, pro shop, night lighted driving range, teaching academy, practice areas, restaurant, lounge and 9-hole Mif Albright course. Perfect for beginners and seniors.

The Earl Fry (North) and Jack Clark (South) Courses offer two scenic and challenging championship layouts that will challenge anyone's golfing skills. Call to reserve starting times or schedule a tournament. Our staff of highly trained professionals can provide assistance in club fitting, apparel, golf equipment, club repair and lessons.

As of September 1st, Northern California based Greenway Golf is the new operator of the Chuck Corica Golf Complex. **Our Mission - To Love, Serve & Deliver Fun For All!**

We are NOT in the golf business... we are in the entertainment business as such we welcome you to experience the fun at Chuck Corica, one of California's most valued and treasured golf destinations. Two different courses for your enjoyment. Whether its the spectacular tree lined fairways of the Earl Fry Course or the more open play of the Jack Clark Course, golf in Alameda is fun and well suited for your style of play. Players of low and higher handicaps tell us they find great enjoyment in the golf experience offered.

Practice Makes Perfect... Enjoy the 9-Hole Par-Three Course & Expansive Practice Range... Friends, families and fun are a big part of golf at Chuck Corica, designed for beginners or those wanting to improve their short game, the par-three 9-hole MIF Albright course is a perfect option for those looking for a quick golf fix. Or, maybe a little practice on one of California's largest driving ranges is what you need to get started or to lower those scores.

Golf Courses, Practice Range, MIF Par-Three To Undergo Redesign and Improvements! Look for information to be posted soon on the complete redesign and improvements to the Chuck Corica Golf Complex beginning with the practice facility in the fall 2012 to be followed by improvements to both the Earl Fry and Jack Clark courses in 2013. More info coming soon.



Lucious Bateman Driving Range

- 6:00 a.m. – 9:00 p.m.
- Synthetic surface with target greens
- Top Flite super range balls
- Custom club fitting by trained experts
- Lighted driving range
- Covered hitting stalls during inclement weather
- Club Repair

Norma Arnerich Teaching Academy

- Private teaching stalls
- Indoor teaching center
- State of the art video equipment
- Individual and group lessons available.

Junior Golfer After-School-Program

This creative and innovative program will provide Junior Golfers ages 7-17 with instructional clinics covering full swing, short game, and putting.

Thursdays	4:00 p.m. – 5:00 p.m.	\$60 for four sessions
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Residents (without cart)	Monday -Friday	Sat, Sun, & Holidays
General	\$28.00	\$35.00
Senior (Age 60 & Above)	\$23.00	\$35.00
Junior *Earl Fry	\$1.00 (after 12:00)	\$1.00 (after Twilight)
Twilight (2 p.m. in summer & 1 p.m. in winter)	\$23.00	\$25.00
Late Twilight (6 p.m. in summer & 3 p.m. in winter)	\$17.00	\$17.00
9-holes (1st 2-hours of the day)	\$19.00	\$22.00
Tournament	\$50.00	\$60.00
Tournament (Senior)	\$38.00	\$60.00

TENNIS

TENNIS LOCATIONS

Krusi Tennis Courts	Otis Dr. & High St.
Fairfield Tennis Courts	740 Central Ave. @ 8th St. (Lower Washington Park)
Leydecker Tennis Courts	3225 Mecartney Rd. (Bay Farm Island)

ADULT TENNIS

Monday Morning Tennis Class

Ages 18+

Now is the time to make those changes to your strokes that will raise your game a notch. Each class includes instructor tips, drills, strategy and tactics.

Fairfield Tennis Courts	Mondays, 9:00 a.m. – 10:00 a.m.	
Jan 7 - Feb 11	\$100 (# classes: 6)	Class# 11842
Feb 25 - April 1	\$100 (# classes: 6)	Class# 11856
April 15 - May 20	\$100 (# classes: 6)	Class# 11857
Drop In	\$20 per class	
<i>Rain outs will be made up at the end of each session.</i>		

Group Lessons

Ages 18+

Whether you are a beginner playing for the first time or an experienced player trying to hone your skills, ARPD can help improve your game.

Fairfield Tennis Courts	Tuesdays & Thursdays	
\$100 per session (# classes: 6)	\$20 drop in	
Beginners	6:30 p.m. – 7:30 p.m.	
Intermediate/Advanced	7:30 p.m. – 8:30 p.m.	
DATES	Beginner	Intermed./Advanced
Jan 8 - Jan 24	Class# 11843	Class# 11845
Feb 5 - Feb 21	Class# 11844	Class# 11846
March 5 - March 21	Class# 11860	Class# 11867
April 2 - April 18	Class# 11861	Class# 11864
April 30 - May 16	Class# 11862	Class# 11865
May 28 - June 13	Class# 11863	Class# 11866
<i>Rain outs will be made up at the end of each session.</i>		

LOOK FOR ARPD'S SUMMER YOUTH SPORTS!

Golf Camps & Tennis Camps and Lessons

PRIVATE AND SEMI PRIVATE

Ages 6 & up

Alameda Recreation and Park Department tennis instructors are available for private and semi - private instruction year round. Time and location of the lessons are flexible and arranged upon request. Our instructors are experienced tennis teachers, many of whom are certified professionals. Call 510 747-PLAY for scheduling.

Private Instruction	
1 hour lesson	\$45
4 one-hour lessons	\$180
Semi Private (Must have partner)	
1 hour lesson	\$60
4 one-hour lessons	\$240*
*price listed is for two participants	



YOUTH TENNIS

Group Lessons

Ages 5 – 18

The goal of each lesson is to teach one or more of the skills necessary in the game of tennis. Footwork, stroke development, and drill exercises are all used to help you learn or improve your game.

Fairfield Tennis Courts	4:00 p.m. – 6:00 p.m.
\$200 per session (# classes: 6)	\$40 drop in
Beginner	Tuesday and Thursday
Jan. 8 – Jan 24	Class #11849
Feb. 5 – Feb. 21	Class #11850
March 5 – March 21	Class #11874
April 2 – April 18	Class #11875
April 30 – May 16	Class #11876
Intermediate / Advanced	Wednesday and Friday
Jan. 9 – Jan 25	Class #11847
Feb. 6 – Feb. 22	Class #11848
March 6 – March 22	Class #11877
April 3 – April 19	Class #11878
May 1 – May 17	Class #11879
Rain outs will be made up at the end of the session	

10 and Under Tennis

Ages 5 -10

This class is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

Saturdays	Krusi Tennis Courts
Dec. 8, 2012 – March 16, 2013	Drop In Only
\$100 per session (#classes: 6)	\$20 drop in
March 23 – April 27	
9:00 a.m. – 10:00 a.m. (9 – 10 years old)	Class #11870
10:00 a.m. – 11:00 a.m. (7 – 8 years old)	Class #11868
11:00 a.m. – 12:00 p.m. (5 – 6 year old with Mommy/Daddy & Me)	Class #11872
May 11 – June 22	
9:00 a.m. – 10:00 a.m. (9 – 10 years old)	Class #11871
10:00 a.m. – 11:00 a.m. (7 – 8 years old)	Class #11869
11:00 a.m. – 12:00 p.m. (5 – 6 year old with Mommy/Daddy & Me)	Class #11873
Rain outs will be made up at the end of the session	



ADULTS - ENRICHMENT

CLASS LOCATIONS

Alameda Aikikai	(510) 523-0392 2025 Clement Avenue
Alameda Ballet Academy	(510) 337-1929 1402 Park Street
Dance 10 Performing Arts Center	(510) 522-5678 900 Santa Clara Avenue
Ruby's Tumbling	(510) 337-0846 2451 Santa Clara Avenue
Temple Israel	(510) 522-9355 3183 Mecartney Road
Twin Towers Church	(510) 522-6744 1411 Oak Street
ARPD recreational facilities	Refer to page 21

Indian Cooking

Indian Cuisine is a reflection of India's colorful kaleidoscope of cultures, languages and religions. Join us in this hands-on class where students learn about health properties of spices while preparing spice mixtures/pastes and amazing Indian dishes! New menu each class.

*\$11 supply fee due at first class

Instructor: Meela Shah



Saturday	\$53 plus \$11*	Leydecker
Jan. 12	10:00 a.m. – 1:30 p.m.	Class#11614
April 20	10:00 a.m. – 1:30 p.m.	Class#11615

Private Singing Lessons

Private Singing Lessons are the key to singing with a powerful, beautiful voice. Let the staff at the Latimerlo Studio take you to the next level. Be sure to impress at your next audition, performance or karaoke night!

Instructor: The Latimerlo Studio



Thursday	\$209 (# classes:4)	Veteran's Bldg Rm 350 (upstairs)
Jan. 10 – Jan. 31	5:45 - 6:30 p.m.	Class# 11700
Jan. 10 – Jan. 31	6:30 - 7:15 p.m.	Class# 11701
Jan. 10 – Jan. 31	7:15 - 8:00 p.m.	Class# 11702
Jan. 10 – Jan. 31	8:00 - 8:45 p.m.	Class# 11703
Feb. 7 – Feb. 28	5:45 - 6:30 p.m.	Class# 11704
Feb. 7 – Feb. 28	6:30 - 7:15 p.m.	Class# 11705
Feb. 7 – Feb. 28	7:15 - 8:00 p.m.	Class# 11706
Feb. 7 – Feb. 28	8:00 - 8:45 p.m.	Class# 11707
Mar. 7 – Mar. 28	5:45 - 6:30 p.m.	Class# 11708
Mar. 7 – Mar. 28	6:30 - 7:15 p.m.	Class# 11709
Mar. 7 – Mar. 28	7:15 - 8:00 p.m.	Class# 11710
Mar. 7 – Mar. 28	8:00 - 8:45 p.m.	Class# 11711
Apr. 11 – May 2	5:45 - 6:30 p.m.	Class# 11712
Apr. 11 – May 2	6:30 - 7:15 p.m.	Class# 11713
Apr. 11 – May 2	7:15 - 8:00 p.m.	Class# 11714
Apr. 11 – May 2	8:00 - 8:45 p.m.	Class# 11715
May 9 – May 30	5:45 - 6:30 p.m.	Class# 11716
May 9 – May 30	6:30 - 7:15 p.m.	Class# 11717
May 9 – May 30	7:15 - 8:00 p.m.	Class# 11718
May 9 – May 30	8:00 - 8:45 p.m.	Class# 11719

The Alexander Technique

Introduction

The Technique is a well-established and practical method for overcoming physical challenges and achieving optimal health for body and mind. Discover how your body moves and functions. Instructor: Lenka Fejt

Saturday	\$23	Leydecker
Jan. 26	10:00 a.m. – 12:00 p.m.	Class# 11724

Your Solution to Back Trouble

The Alexander Technique is one of the most instrumental of all approaches studied in relieving tension and pain in the lower back. Learn how to detect harmful postural and movement habits while putting the principles of the Technique into practice. Instructor: Lenka Fejt

Saturday	\$43	Leydecker
Feb. 23 & Mar. 2	10:00 a.m. – 12:00 p.m.	Class# 11726

The Art of Breathing

The founder of Alexander Techniques was known as the 'Breathing Man' because he was so skilled at helping others in this area. Find out how you can maintain and ultimately improve your breathing. Instructor: Lenka Fejt

Saturday	\$43	Leydecker
April 27 & May 4	10:00 a.m. – 12:00p.m.	Class# 11728



Retirement and Estate Planning

Take time now to prepare for your life in retirement. Learn how to make your money last with the goal of providing a stable, steady retirement income. Other topics include the benefits of trusts in estate planning, reducing estate taxes, and more.

Instructor: Daniel Jew

Wednesday	\$53 (# classes: 3)	Veteran's Bldg
Jan. 9 – Jan. 23	6:00 – 7:00 p.m.	Class# 11563
Apr. 10 – Apr. 24	6:00 – 7:00 p.m.	Class# 11565

Quilt Making

Beginning

This class will take you through all the steps to complete a sampler quilt. Supply list will be available at first class meeting. Sewing machines not provided, but space available to bring your own.

Instructor: Kathleen Fennelly

Monday	\$103 (# classes: 8)	Bayport Center
Jan. 7 – Mar. 11	7:00 – 9:00 p.m.	Class# 11740
No class Jan. 21 & Feb. 18		

The next step

This class is designed for individuals that have completed beginning quilting or have unfinished projects at home. Bring unfinished projects or ideas for something new. Sewing machines NOT provided, but space is available to accommodate your own machine.

Instructor: Kathleen Fennelly

Monday	\$63 (# classes: 6)	Bayport Center
Apr. 8 – June 3	7:00 – 9:00 p.m.	Class# 11741
No class Apr. 15, Apr. 22 & May 27		

Southeast Asian Cooking

Learn how to prepare and present several authentic and delicious Southeast Asian cuisines. This hands-on workshop will feature a different menu each week. Be prepared to experience an array of flavors. Bring containers for leftovers!

*\$40 supply fee due to instructor at 1st class.

Instructor: Dinh & Sandy Truong

Wednesday	\$78 + \$40* (# classes: 5)	Bayport
Feb. 6 – Mar. 6	6:30 – 8:30 p.m.	Class# 11699
Apr. 17 – May 15	6:30 – 8:30 p.m.	Class# 11729

Spanish

Intro

Looking to learn a new language? Travel to Latin America? Spanish is one of the most used languages in the world. Come ready to learn the basics and to have fun!

Instructor: Bethany Sanchez

Thursday	\$78 (# classes: 9-10)	Veteran's Bldg
Jan. 17 – Mar. 21	6:00 – 6:50 p.m.	Class# 11838
Apr. 11 – June 6	6:00 – 6:50 p.m.	Class# 11839

Conversational

¡Vamos a hablar! Whether you've taken a course yesterday or years ago, this class is for you. We will focus on listening and speaking. Perfect for those interested in practicing the language. All levels welcome.

Instructor: Bethany Sanchez

Thursday	\$78 (# classes: 9-10)	Veteran's Bldg
Jan. 17 – Mar. 21	7:00 – 8:00 p.m.	Class# 11840
Apr. 11 – June 6	7:00 – 8:00 p.m.	Class# 11841

Taiko Drumming

Ages 10 years & up

Beginning

An introduction to the rhythms and movement of Japanese Taiko Drumming. Learn to play simple pieces while enjoying moderate aerobic exercise. There is a \$5 materials fee due to instructor at first session.

Instructor: Kaji Yama Taiko Group

Tuesdays	\$123 (# classes: 12)	O'Club
Jan. 8 – Mar. 26	7:30 – 8:30 p.m.	Class# 11584
Tuesdays	\$93 (# classes: 9)	O'Club
Apr. 9 – June 4	7:30 – 8:30 p.m.	Class# 11585

Intermediate

This class teaches more complex and physically demanding aspects of Japanese Taiko Drumming. It provides moderate to vigorous aerobic exercise and it will introduce the students to a full spectrum of skills. We may produce a small performance. There is a \$5 material fee, due to instructor at the first session.

Instructor: Kaji Yama Taiko Group

Tuesdays	\$123 (# classes: 12)	O'Club
Jan. 8 – Mar. 26	6:30 – 7:30 p.m.	Class# 11586
Tuesdays	\$93 (# classes: 9)	O'Club
Apr. 9 – June 4	6:30 – 7:30 p.m.	Class# 11587



ADULTS - DANCE

Ballet - Introduction

Introduction to Ballet will help you to strengthen your body and mind while feeding your soul. Become leaner, stronger, flexible, musical, and gain better balance. Take this opportunity to realize your dreams with the Alameda Ballet Academy (ABA). ABA does have a dress code, please contact us at admin@alamedaballet.com (Subject Line: ARPD) prior to your first class.

Tuesday	\$160 (# classes: 8)	Alameda Ballet Academy
Feb. 5 - Mar. 26	7:30 - 8:45 p.m.	Class#11519

Ballet

Have you always wanted to learn Ballet? Did you study as a child? Or do you want to work on flexibility and balance? If you answer yes to any of these questions, this class is for you. Dancewear/athletic wear acceptable for class; ballet shoes required. If you need assistance with dancewear, please contact Dance/10 at dance@dance10.org. Instructor: KT



Monday	\$143 (# classes: 8)	Dance 10
Apr. 8 - June 3 (No class May 27)	7:30 - 8:30 p.m.	Class # 11698

Ballroom Dance Basics

Ballroom Dance is great exercise and keeps your brain sharp! Learn the Nightclub Two Step and East Coast Swing. Comfortable shoes a must! Couples and singles welcome. Instructor: Paula Wujek

Tuesdays	\$103 (# classes: 6)	Veterans Bldg.
Jan. 8 - Feb. 12	7:00 - 8:00 p.m.	Class# 11451
Apr. 9 - May 14	7:00 - 8:00 p.m.	Class# 11520

Broadway Jazz

This class combines classical jazz technique with Broadway-style routines and music. Routines change regularly to keep you on your toes and able to learn material and styles quickly. This is an Advanced-Beginner/Intermediate level and some dance background is helpful. Jazz shoes required. Instructor: Christina Lazo

Tuesday	\$208 (# classes: 12)	Dance 10
Jan. 8 - Mar. 26	9:00 - 10:00 p.m.	Class# 11690
Tuesday	\$158 (# classes: 9)	Dance 10
Apr. 9 - June 4	9:00 - 10:00 p.m.	Class# 11691

Tap Dance

This dance class includes an introduction to musicality, clarity of tap sounds, proper technique, speed, and a variety of styles of steps. Students should be dressed in athletic wear. Tap shoes required. Instructor: Pamm Drake

Wednesday	\$208 (# classes: 12)	Dance 10
Jan. 9 - Mar. 27	1:30 - 2:30 p.m.	Class# 11682
Tuesday	\$208 (# classes: 12)	Dance 10
Jan. 8 - Mar. 26	8:00 - 9:00 p.m.	Class# 11683
Wednesday	\$158 (# classes: 9)	Dance 10
Apr. 10 - June 5	1:30 - 2:30 p.m.	Class# 11684
Tuesday	\$158 (# classes: 9)	Dance 10
Apr. 9 - June 4	8:00 - 9:00 p.m.	Class# 11865

Power Barre

Fitness class combining Yoga, Pilates and Ballet Barre exercises. Gain strength and flexibility in this fun and challenging group exercise class. Class uses free weights. Encouraged to bring your own yoga mat. Instructor: KT

Saturday	\$123 (# classes: 11)	Dance 10
Jan. 12 - Mar. 30 (No class Feb. 16)	11:00 - 12 p.m.	Class# 11686
Saturday	\$93 (# classes: 8)	Dance 10
Apr. 13 - June 8 (No class May 25)	11:00 - 12 p.m.	Class# 11689

Square Dance - Introduction

Ages 8 to adult

Square Dancing is friendship set to music! It is an aerobic, interactive cooperative dance form. No partner or special costume required. Please wear comfortable shoes. This class will introduce the BASIC program of Square Dance. Instructor: Charles Clay

Wednesday	\$30 (# classes: 9)	Leydecker
Jan. 16 - Mar. 13	7:00 - 8:30 p.m.	Class# 11521
Apr. 10 - June 5	7:00 - 8:30 p.m.	Class# 11522

Tappercize

Tappercize is tap, exercise, social, and fun! Increase your flexibility, strength, range of motion, coordination and balance in a safe environment. Tap shoes or hard sole shoes required. Instructor: Dolores Helman

Tuesday	\$88 (# classes: 9-10)	Veteran's Bldg
Jan. 15 - Mar. 26	10:00 - 11:00 a.m.	Class # 11616
Apr. 9 - June 4	10:00 - 11:00 a.m.	Class # 11617

Aikido For Adults

Aikido is a martial art, a self-defense system, which primarily emphasizes the use of redirecting the attacker's energy, as opposed to meeting force with force, and is based not on physical strength, but technique. Learned techniques include: joint locks, holds, and body throws.

Instructor: Elmer Tancinco



Alameda Aikikai	\$63	Class# 11588
Tuesday	Jan. 8 – Feb. 26	6:00 - 7:15 p.m.
Thursday	Jan. 10 – Feb. 28	6:00 - 7:00 p.m.
Saturday	Jan. 12 – Mar. 2	10:15 - 11:15 a.m.
<i>*Choose any 8 classes from these session dates (Jan. – Mar.)</i>		
Alameda Aikikai	\$63	Class# 11589
Thursday	Apr. 4 – May 23	6:00 - 7:00 p.m.
Saturday	Apr. 6 – May 25	10:15 - 11:15 a.m.
<i>*Choose any 8 classes from these session dates (Apr. – May)</i>		

Aikido with Tom Reed

Aikido is often thought of as a soft or internal martial art. Technique, timing and efficiency, rather than strength, are emphasized in the movements.

Instructor: Tom Reed

Mon & Wed	\$53 (# classes: 7-8)	O'Club
Jan. 2 – 30 (No Class on Jan. 21)	7:30 - 8:30 p.m.	Class# 11568
Feb. 4 - 27 (No class on Feb. 18)	7:30 - 8:30 p.m.	Class# 11569
Mar 4 – 27	7:30 - 8:30 p.m.	Class# 11570
Apr. 8 – 29	7:30 - 8:30 p.m.	Class# 11572
May 1 – 29 (No class on May 27)	7:30 - 8:30 p.m.	Class# 11573
Jun. 3 - 26	7:30 - 8:30 p.m.	Class# 11574

Boot Camp - Advanced

Do you desire to take your fitness program to a higher level? Are you looking to challenge yourself? Do you want to lose weight? We are here for you.

Instructor: Cata Stewart

Tue & Thurs	\$53 (# classes: 10)	Leydecker
Jan. 8 – Feb. 7	6:30 p.m. – 7:30 p.m.	Class# 11754
Tue & Thurs	\$63 (# classes: 12)	Leydecker
Feb. 19 – Mar. 28	6:30 p.m. – 7:30 p.m.	Class# 11755

Circuit Training

Strength, agility, cardio, flexibility and balance all in one class. All fitness levels welcome. Instructor: Cata Stewart

Tue & Thur	\$83 (# classes: 15)	Leydecker
Apr. 9 – June 6	7:00 p.m. – 8:00 p.m.	Class# 11829

Fitness Conditioning & Combat Workout

Get fit by learning basic self-defense techniques. Learn and practice basic boxing, kickboxing and self defense moves. This class is perfect for young adults, adults who wish to improve their fitness level, and those who want to learn to defend themselves (minors must be accompanied by a parent).

Instructor: Elmer Tancinco

Wednesday	\$53 (# classes: 8)	Alameda Aikikai
Jan. 9 – Feb. 27	7:00 - 8:15 p.m.	Class# 11594
Apr. 3 – May 22	7:00 - 8:15 p.m.	Class# 11595

Golf

Learn Golf fundamentals including: golf swing, using irons and woods, and chipping and putting techniques. Clubs provided as needed. Rubber soled shoes are recommended. Enrollment is limited. **More Golf on page 23.** Instructor: Randy Herzberg

Fridays	\$53 (# classes: 6)	Godfrey Field
Apr. 12 – May 17	9:30 – 10:30 a.m.	Class# 11566
Apr. 12 – May 17	10:30 – 11:30 a.m.	Class# 11567

Hawaiian Jujitsu

Ages 15 & Up

Hawaiian Jujitsu is an oriental system of Martial Art using anatomical knowledge and the principle of leverage against the strength and weight of an aggressor. Learn street self-defense, grappling, and traditional Jujitsu (Kodenkan).

Instructor: Chris Peterson

Tue & Thur	\$53 (# classes: 8)	Twin Towers
Jan. 8 – Jan. 31	7:00 - 8:30 p.m.	Class# 11658
Feb. 5 – Feb. 28	7:00 - 8:30 p.m.	Class# 11660
Mar. 5 – Mar. 28	7:00 - 8:30 p.m.	Class# 11662
Apr. 9 – May 2	7:00 - 8:30 p.m.	Class# 11668
Tue & Thur	\$65 (# classes: 10)	Twin Towers
May 7 – June 6	7:00 – 8:30 p.m.	Class# 11670
Saturday	\$38 (# classes: 3-5)	Twin Towers
Jan. 5 – Jan. 26 (No class Jan. 19)	11:30 a.m. - 1:00 p.m.	Class# 11659
Feb. 2 – Feb. 23	11:30 a.m. - 1:00 p.m.	Class# 11661
Mar. 2 – Mar. 30	11:30 a.m. - 1:00 p.m.	Class# 11663
Apr. 13 – May 4	11:30 a.m. - 1:00 p.m.	Class# 11669
May 11 – June 1	11:30 a.m. - 1:00 p.m.	Class# 11671

ADULTS - FITNESS

Jazzercise ~ Park Street

Jazzercise on Park St is located inside Alameda Ballet Academy (ABA), 1402 Park Street 2nd floor. The fresh music and fun moves of Jazzercise meet all your fitness needs - Cardio, Strength, and Stretch in just one hour! Registration is available for NEW customers. For more information email jazzerkriste@comcast.com. Instructors: Kriste, Judy, Michele

\$62	11 weeks unlimited attendance
Jan. 7 - Mar. 24	Class# 11578
Apr. 1 - Jun. 6	Class# 11579
Monday, Wednesday, Friday	6:00 - 7:00 a.m.
Monday through Friday	8:30 - 9:30 a.m.
Monday, Wednesday, Friday	9:30 - 10:30 a.m.
Monday through Thursday	6:30 - 7:30 p.m.
Saturday	8:00 - 9:00 a.m.
Saturday	9:00 - 10:00 a.m.
Sunday	9:00 - 10:00 a.m.
Sunday	10:00 - 11:00 a.m.

Jazzercise ~ Bay Farm Island

Jazzercise on Bay Farm Island offers two locations: Temple Israel Social Hall (air conditioned) and Twin Towers Church Gym. Unlimited class attendance for the session is available for new students. Everyone welcome. Dress appropriately. For more information, visit www.jazzerkaren.com. Instructor: Karen Park

\$33	6 weeks unlimited attendance
Jan. 7 - Feb. 16	Class# 11580
Feb. 18 - Mar. 30	Class# 11581
\$60	9 weeks unlimited attendance
Apr. 8 - Jun. 7	Class# 11582
Temple Israel Social Hall: 3183 Mecartney Road	
Mon, Tues, Wed & Fri	9:00 - 10:00 a.m.
Mon, Tue, Wed	5:30 - 6:30 p.m.
Friday	5:15 - 6:15 p.m.
Twin Towers Church Gym: 1411 Oak Street	
Saturday	9:00-10:00 a.m.



Low Impact Boot Camp

Start Today! Improve the quality of your life by taking part in our total body fitness program. Enjoy cardiovascular strength and conditioning, complete upper and lower body toning. Wear comfortable clothing and athletic shoes.

Instructor: Cata Stewart

Tue & Thur	\$53 (# classes: 10)	Leydecker
Jan. 8 - Feb. 7	7:30 - 8:30p.m.	Class# 11746
Babysitting during class		Class# 11749
Tue & Thur	\$63 (# classes: 12)	Leydecker
Feb. 19 - Mar. 28	7:30 - 8:30p.m.	Class# 11747
Babysitting during class		Class# 11250

Low Impact Cardio Stretch/Relaxation

Low impact gentle aerobic workout. Gently firm and stretch to experience an overall conditioning of the body. Suitable for those just starting an exercise program or desiring a lower pace class. Instructor: Toya Alexander

Tue & Thur	\$46/Seniors \$44 (# classes: 8)	Harrison Center
Jan. 8 - Jan. 31	9:00 - 10:00 a.m.	Class# 11634
Feb. 5 - Feb. 28	9:00 - 10:00 a.m.	Class# 11635
Mar. 5 - Mar. 28	9:00 - 10:00 a.m.	Class# 11636
Apr. 9 - May 2	9:00 - 10:00 a.m.	Class# 11639
May 7 - May 30	9:00 - 10:00 a.m.	Class# 11640

O My Core

Are you having back problems or just looking to tighten up those ABS? This class can help strengthen your core and put you on the road to getting that six-pack back.

Instructor: Cata Stewart

Tue & Thur	\$41 (# classes: 10)	Leydecker
Jan. 8 - Feb. 7	6:00 p.m. - 6:30 p.m.	Class# 11763
Tue & Thur	\$51 (# classes: 12)	Leydecker
Feb. 19 - Mar. 28	6:00 p.m. - 6:30 p.m.	Class# 11764
Tue & Thur	\$63 (# classes: 15)	Leydecker
Apr. 9 - June 6	6:30 p.m. - 7:00 p.m.	Class# 11827



Shaolin Tai Chi Praying Mantis Kung Fu

A study and practice workshop in the form and theories of Tai Chi Chuan and Shaolin Kung Fu. This class will cover Qi-Gong, Meditation, Self-defense as well as the movements of The Yang 24 style Tai Chi Chuan and Shaolin Kung Fu. Suitable for all levels of training.

Instructor: Janet Oppio

Wednesday	\$43 (# classes: 8)	Harrison Center
Jan. 16 – Mar. 6	7:00 - 8:30 p.m.	Class# 11618
Apr. 17 – June 5	7:00 - 8:30 p.m.	Class# 11619

Tai Chi Chaun

A study of the form & theory of Tai Chi Chuan. This class will cover Qi Gong, Meditation, Self-Defense as well as the movements of the Yang 24 style, Tai Chi Chaun. Suitable for all levels of training.

Instructor: Janet Oppio

Monday	\$43 (# classes: 8)	Harrison Center
Jan. 14 – Mar. 18 (No classes Jan. 21 & Feb. 18)	7:00 - 8:30 p.m.	Class# 11620
Apr. 15 – June 10 (No classes May 27)	7:00 - 8:30 p.m.	Class# 11621

Swim

See page 8

Tennis

See page 24



Yoga Body & Mind

Combine stretching, stillness, and stamina to give your body a well-rounded yoga workout. Enhance your energy, gain flexibility, increase strength, and reduce your aches and pains. Open to all levels. Wear loose clothing and have an empty stomach.

Instructor: Toya Alexander

Tuesdays	\$54 (# classes 6)	Harrison Center
Jan. 8 – Feb. 12	6:30 – 7:30 p.m.	Class # 11622
Jan. 8 – Feb. 12	7:40 – 8:40 p.m.	Class # 11623
Feb. 19 – Mar. 26	6:30 – 7:30 p.m.	Class# 11624
Feb. 19 – Mar. 26	7:40 – 8:40 p.m.	Class# 11625
Tuesdays	\$46 (# classes 5)	Harrison Center
Apr. 9 – May 7	6:30 – 7:30 p.m.	Class# 11630
Apr. 9 – May 7	7:40 – 8:40 p.m.	Class# 11631
Tuesdays	\$38 (# classes 4)	Harrison Center
May 14 – June 4	6:30 – 7:30 p.m.	Class# 11632
May 14 – June 4	7:40 – 8:40 p.m.	Class# 11633

Gentle Yoga Stretch

Experience the benefits of gentle stretches and poses that energize your body. Relaxation and guided meditation centers body and mind. Start your day with a gentle yoga workout. Suitable for all levels. Empty stomach required.

Instructor: Toya Alexander

Mon & Wed	\$41/Seniors \$39 (# classes 7)	Harrison Center
Jan. 7 – Jan. 30 (No class Jan. 21)	9:00 – 10:00 a.m.	Class# 11642
Jan. 7 – Jan. 30 (No class Jan. 21)	10:15 – 11:15 a.m.	Class# 11646
Feb. 4 – Feb. 27 (No class Feb. 18)	9:00 – 10:00 a.m.	Class# 11643
Feb. 4 – Feb. 27 (No class Feb. 18)	10:15 – 11:15 a.m.	Class# 11647
Mon & Wed	\$46/Seniors \$44 (# classes 8)	Harrison Center
Mar. 4 – Mar. 27	9:00 – 10:00 a.m.	Class# 11644
Mar. 4 – Mar. 27	10:15 – 11:15 a.m.	Class# 11648
Apr. 8 – May 1	9:00 – 10:00 a.m.	Class# 11652
Apr. 8 – May 1	10:15 – 11:15 a.m.	Class# 11655
May 6 – June 3 (No class May 27)	9:00 – 10:00 a.m.	Class# 11653
May 6 – June 3 (No class May 27)	10:15 – 11:15 a.m.	Class# 11656



Zumba

Zumba is a Latin inspired dance-fitness program that blends red-hot international music, created by Grammy award producers, with contagious dance steps. Drop in is \$12 per class. This class offers free babysitting for your convenience.

Instructor: Dee Tayag

Mon & Wed	\$83 (# classes 8)	Veterans Bldg
Jan. 14 – Feb. 11 (No Class Jan. 21)	6:30 - 7:30 p.m.	Class# 11732
Babysitting Service During Class		Class# 11735
Feb. 13 – Mar. 18 (No Class on Feb. 18 & 20)	6:30 - 7:30 p.m.	Class# 11733
Babysitting Service During Class		Class# 11734
Mon & Wed	\$53 (# classes 5)	Veterans Bldg
Apr. 10 – Apr. 24	6:30 - 7:30 p.m.	Class# 11736
Babysitting Service During Class		Class# 11738
May 8 – May 22	6:30 - 7:30 p.m.	Class# 11737
Babysitting Service During Class		Class# 11739

ADULTS – SPORTS

For all Adult Sports Leagues

Participants must be a minimum of 18 years old and out of high school.

All team applicants are available at the ARPD website or at our office.

Adult Basketball League

10 game season plus playoffs. **Applications and fees are due February 7.**

Saturdays	Feb. 24 – May 12 (no games March 31)	6:00 p.m. – 9:00 p.m.
Team fee: \$650 resident \$700 non- resident	Alameda Point Gym, 1101 West Redline Ave	Class # 11752



Adult Softball Spring League

Leagues play nights Monday – Friday. Coed and Men's Softball D leagues. Men's Thursday night C league. 10 game season plus playoffs. All team applications and fees due March 14.

Field Locations: Leydecker Park, Lil Arnerich Field at Upper Washington Park, and Toby Chavez Field at Lower Washington Park.

Monday – Friday	Season starts week of April 15
Games played 6:30 p.m., 7:40 p.m., and 8:50 p.m.	
Coed six team league	\$650 resident \$700 non-resident
Men's six team league	\$715 resident \$765 non-resident
Coed Class # 11753	Men's Class # 11756

New!! Adult Coed Kickball League

Come out and have fun with this new addition to ARPD Adult Sports. 10 game season plus playoffs. **All team applications and fees due March 14.** Locations: Toby Chavez Field at Lower Washington Tuesdays, Leydecker Fridays.

Tuesday and Friday	Season starts week of April 15
Games played 6:30 p.m., 7:40 p.m., and 8:50 p.m.	
Coed six team league	\$650 resident \$700 non-resident
Class # 11762	

Open Gym – Volleyball & Basketball

ARPD Adult Open Gym is a year round Sunday night event. We have Volleyball and Basketball for all to enjoy.

Sundays	\$6 drop in fee
6:00 p.m. – 9:00 p.m.	(excluding holidays and holiday weekends)
Class # 11757	Alameda Point Gym, 1101 West Redline Ave.

Adult Volleyball

ARPD partners with VBmatch.com to host volleyball leagues and tournaments for community members. The League offers a high level of competition for players who previously competed at the high school varsity level or higher. We also host single-day volleyball tournaments on weekends. Volleyball activities are fun, social and competitive. We hope to see you on the court soon!

For league start dates, fees and information on specific events, please visit <http://vbmatch.com>

Mondays	6:00 p.m. – 10:00 p.m.
Alameda Point Gym, 1101 West Redline Ave	



SENIOR CENTER

RECREATION, EDUCATION, SERVICES & SOCIALIZATION

Mastick Senior Center

1155 Santa Clara Avenue, Alameda, CA • (510) 747-7500

Website: www.mastickcenter.com

e-mail: jkrause@ci.alameda.ca.us

Programs and services for adults 50 and older.

Weekday Program Hours: 8:30 a.m. to 4:00 p.m.

Saturday: 10:00 a.m. to 2:30 p.m.

ARTS & CRAFTS

Beaded Jewelry Making

Monday (3rd)	9:30 a.m. – 12:00 Noon
Fee	\$15 per person per class

Card-making Class

Monday (2nd & 4th)	10:00 a.m. – 12:00 Noon
Fee	\$5 per person per class

Ceramics

Beginning	
Thursday	9:30 a.m. – 11:30 a.m.
Fee	\$108 per term
Advanced	
Thursday	12:00 Noon – 3:00 p.m.
Fee	\$108 per term

Creative Writing

Tuesday (15-wk term)	10:00a.m. – 12:30 p.m.
Fee	\$16 per person/per class

Drawing/Painting

Monday	12:30 p.m. – 3:30 p.m.
Lab (Friday)	1:00 p.m. – 3:30 p.m.
Fee	\$65 per term

Knitting Crocheting

Tuesday	1:00 p.m. – 3:00 p.m.
Fee	Materials/Supplies



Needlecraft

Tuesday	9:00 a.m. – 12:00 Noon
Fee	Materials/Supplies

Quilting

Monday	9:30 a.m. – 11:30 a.m.
Fee	\$4 per person per class
Monday	1:00 p.m. – 3:00 p.m.
Fee	\$4 per person per class
Thursday	9:30 a.m. – 11:30 a.m.
Fee	\$4 per person per class
Thursday	1:00 p.m. – 3:00 p.m.
Fee	\$4 per person per class
Friday	1:15 p.m. – 3:45 p.m.
Fee	\$4 per person per class
Lab (2nd Saturday)	9:00 a.m. – 3:00 p.m.
Fee	Free/Lab

Sewing

Wednesday	10:00 a.m. – 2:00 p.m.
Fee	\$5 per person per class

Stained Glass

Monday	9:00 a.m. – 12:00 Noon
Fee	Materials/Supplies
Wednesday	9:00 a.m. – 3:00 p.m.
Fee	Materials/Supplies

SENIORS – DANCE & FITNESS

DANCE

Please refer to the Activities at a Glance flier available at the Center for program locations.

Ballroom Dance

Wednesday	1:00 p.m. – 2:00 p.m.
Fee	\$4 per person per class

Folk Dance

Friday	10:00 a.m. – 11:00 a.m.
Fee	\$4 per person per class



Hawaiian Dance

Hula I	
Monday	10:30 a.m. – 11:30 a.m.
Fee	\$3 per person per class
Hula II	
Monday/Friday	11:30 a.m. – 12:30 p.m.
Fee	\$5 per person per class
Hula III	
Monday/Friday	12:30 p.m. – 3:00 p.m.
Fee	\$5 per person per class

Line Dance

Beginning	
Wednesday/Thursday	12:00 Noon – 1:00 p.m.
Fee	\$2 per person per class
Advanced	
Wednesday/Thursday	1:00 p.m. – 3:00 p.m.
Fee	\$2 per person per class

Square Dance

Tuesday	1:00 p.m. – 3:00 p.m.
Fee	\$2 per person per class

FITNESS

Fitness Classes

Monday/Friday	9:00 a.m. – 10:30 a.m.
Fee	varies
Wednesday	9:00 a.m. – 10:30 a.m.
Fee	Free – Volunteer Instructor

Pilates

Wednesday	10:45 a.m. – 11:45 a.m.
Fee	\$4 per person per class

Yoga Classes

Tuesday	10:30 a.m. – 12:00 Noon
Fee	\$30 (6-weeks)
Wednesday	9:00 a.m. – 10:30 a.m.
Fee	\$30 (6-weeks)

Tai Chi-ercise

Tuesday	10:00 a.m. – 11:00 a.m.
Fee	\$4 per person per class

Tai Chi 24 Steps

Beginning	
Thursday	9:15 a.m. – 10:15 a.m.
Fee	\$3 per person per class
Intermediate Class	
Thursday	10:30 a.m. – 11:30 a.m.
Fee	\$3 per person per class



FOOD PROGRAMS

Lunch Served Daily

The Dining Room opens at 11:15 a.m. and lunch is served at 12:00 Noon. Reservations required.

Monday – Friday	\$3.50/60 and older
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Brown Bag Program

Food distribution for low-income seniors. Program sponsored by Mercy Retirement Center.

Thursday (1st & 3rd)	9:00 a.m.
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MASTICK SENIOR CENTER ADVISORY BOARD PROGRAMS

Mastick Bingo Program

Join us every Saturday between 12:00 Noon and 2:45 p.m. in the Mastick Social Hall for our fundraising BINGO program. This program ensures an afternoon of fun, socialization, and a chance to win cash and prizes. Doors open at 10:00 a.m. to individuals 18 years of age and older. Proceeds support Mastick Senior Center.



Mastick Thrift Shop

BARGAINS galore are available at the Mastick Thrift Shop on Tuesday and Saturday from 10:00 a.m. to 2:00 p.m. The Thrift Shop is open to the public. The Thrift Shop accepts donations that are clean and in good condition. Items include: clothing (men and women), purses and hats, shoes, lamps and electrical items, costume jewelry, dishes, kitchenware, decorations, and craft supplies. Proceeds support Mastick Senior Center.

MSCAB Scholarship Program

The MSCAB provides assistance three times per year to offset the cost of Mastick programs and trips up to 50% (not to exceed \$50). The year is divided into three terms as follows: January through April, May through August, and September through December. Individuals must be active members of the Mastick Senior Center to apply. Applications are available in the Mastick Office.

SPECIAL SERVICES

Paratransit Transportation Services

Transportation services to the Center and beyond are available for individuals 55 and older. To learn more, call (510) 747-7513.

Services to Ease your Mind

Blood Pressure Screening, Dental and Podiatry Consultation, Legal Service, Health Insurance Counseling, Support Groups, Notary Services, Income Tax Assistance and much more. For a program list, call (510) 747-7506.

TRAVEL PROGRAM

Staff is available to assist you on Tuesday between 9:00 am and 3:00 pm or by appointment at 747-7511.

Local Trips

For trip details, refer to the Travel at a Glance flier available in the Mastick Office.



2013 Day Trips Include:

January	Norman Rockwell exhibit
February	NASA Ames Research Center
March	China's Terracotta Warriors
April	Menopause the Musical
May	Filoli Gardens

Long Distance Trips

Shades of Ireland

\$3,699 double/\$4,149 Single	March 2013 (13 days)
Highlights: Dublin, Irish Evening, Kilkenny, Waterford Crystal, Blarney Castle, Ring of Kerry, Killarney, Glens of Antrim, Bundoran, Limerick, and more.	

Russian River Cruise

Price Varies	July 2013 (11 days)
Highlights: Moscow, Red Square, St. Basil's Cathedral, Kremlin, Piroshki Tea Party, Volga River, Culinary Demonstration, Kizhi Island, Vodka Tasting, St. Petersburg, Hermitage Museum, and more.	

American Music Cities

\$2,349 double/\$2,899 single	October 2013 (8 days)
Highlights: French Quarter, New Orleans School of Cooking, Swamp Tour, Graceland, Grand Ole Opry Show & Backstage Tour, Historic RCA Studio B, and more.	

SENIORS - CLASS OVERVIEW

Description	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Price
AARP Chapter Meeting (3rd Thur)				11:30 am			Dues: \$5 per year
AARP Driver Safety Program			9:00 am				\$12 members/\$14 non-members
Alzheimer's Caregiver Support Group (2nd Thur)				10:00 am			Free
Billards	9:00 am	9:00 am	9:00 am	9:00 am	9:00 am		Free
Bingo (Fundraising Program)						10:00 am	Varies
Birthday Celebration (4th Thur)				12:30 pm			Free
Blood Pressure Screening		1:45 pm	10:00 am				Free
Book Club		1:00 pm					Free
Bridge (Social)			1:00 pm				Free
Brown Bag Distribution (1st & 3rd)				9:00 am			\$10 Annual Donation
Cards and Games	9:00 am	9:00 am	9:00 am	9:00 am	9:00 am		Free
Computer Basic Skills				10:00 am			
Computer Classes		1:30 pm	1:30 pm	1:30 pm			varies
Computer Lab	9:00 am	9:00 am	9:00 am		9:00 am		\$1 Member/\$2 Non + Card Fee
Consumer Presentations		1:00 pm					Free / Printing Fee
Conversational German						10:00 am	Free
Conversational Spanish-Beginning	1:30 pm						\$20 per term
Conversational Spanish-Advanced	2:45 pm						\$20 per term
Creative Writing		10:00 am					Varies
Current Events				9:30 am			Free
Dental Consultation (3rd Thur)				10:00 am			Free
East Bay Retired Teachers Assoc. (EBRTA) Monthly Meeting (1st Thur)				10:00 am			Free
French (Literary Discussion)					9:00 am		Free
French (Elementary Instruction)					10:00 am		Free
HICAP		9:30 am					Free
Italian Language (Beginning)					10:00 am		Free
Italian Language (Intermediate)					11:00 am		Free
Legal Assistance for Seniors (2nd Mon)	1:00 pm						By Appointment. No fee.
Library	10:00 am		10:00 am		10:00 am		Free
Mah Jongg (Beginners)	1:00 pm						Free
Mah Jongg					1:00 pm		Free
Mastick Advisory Board Meeting (3rd Wed)			10:00 am				Free
Mastick Walking Group	9:30 am						Varies
Movie Matinee				1:00 pm			Free
Music Appreciation (4th Thursday)				1:30 pm			Free
New Member Orientation (2nd Thur)				10:30 am			Free
Notary Service			1:30 pm				Donation Accepted
Podiatry Consultation (3rd Tues)		1:45 pm					Free
Portraits by Woodard (3rd Mon)	1:00 pm						Free
Scrabble				1:30 pm			Free
Shuffleboard	Daily	Daily	Daily	Daily	Daily		Free
Singing with Keiko					12:30 pm		Free
Today's World		9:30 am					Free
Thrift Shop		10:00 am				10:00 am	Varies
Transportation Ticket Sales		9:00 am		9:00 am			Varies
Video Production	1:00 pm						Free

Program dates, times, locations and fees are subject to change. Please refer to the Activities at a Glance flier available at the Center for program locations.

INFORMATIONAL WORKSHOPS PRESENTED BY HICAP

Join us for a series of informational workshops presented by the Health Insurance Counseling and Advocacy Program (HICAP).
Presentations are held at 1:00 p.m. in Room D.

Health Care Reform and Medicare:

What it Means for You • January 22

- Explains improvements in the prescription drug coverage benefit
- Discusses the changes to Medicare Advantage plans
- Outlines additional areas of Medicare coverage, including preventive care benefits
- Gives a snapshot of changes outside of Medicare
- Reviews timeline for implementation of the Affordable Care Act

Low Income Assistance:

How to get help with Medicare-related health care costs • January 29

- Reviews the Medicare program and its costs
- Provides an overview of Medi-Cal and Medicare Savings Programs
- Discusses the Low Income Subsidy (Extra Help) for prescription drugs
- Reviews eligibility, the application process, and benefits

The ABC's of LTC

An Overview of Long Term Care • February 5

- Describes the difference between Medicare coverage and long term care
- Explains ways of getting long term care and options for financing it
- Focuses on the features as well as the pros and cons of long term care insurance
- Offers guidelines for purchasing long term care insurance

Seniors' Guide to Public Benefits

February 19

- Provides an overview of cash benefits including Social Security and Supplemental Security Income (SSI)
- Provides an overview of health benefits including Medicare and Medi-Cal
- Explains the Cash Assistance Program for Immigrants (CAPI)
- Reviews General Assistance (GA), CalWorks, and Food Stamps

Keeping Elders Safe

An Overview of Elder Abuse and Legal Remedies • February 26

- Explains what elder abuse is and the laws that address it
- Identifies signs of financial, emotional, and physical abuse and neglect
- Reviews legal remedies available to abused elders, including restraining orders
- Covers practical tips to help prevent abuse
- Provides information on agencies that can help



SPECIAL EVENTS AT MASTICK SENIOR CENTER

Mastick's Annual Holiday Sing-Along

Enjoy live music, holiday tunes, refreshments, and good cheer. FREE

Thursday, December 20	10:00 a.m.	Mastick Social Hall
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Commemorative Art & Architecture

(Cal State East Bay Scholar Olli Program)
Sponsored by Mastick Senior Center Advisory Board. FREE

Thursday, January 24, 2013	1:30 p.m.	Mastick, Room D
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Coming of Age

Explore your Future Workshop:
plan the next phase of your life!

Thur., February 7 – 28	1:00 p.m. – 3:00 p.m.	Mastick, Room D
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Annual Volunteer Appreciation Luncheon

Thursday, April 11	12:00 p.m.	Mastick, Social Hall
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SPECIAL NEEDS

LEISURE CLUB

The Leisure Club is a fun, activity based program specifically designed to meet the specialized recreational needs of persons with developmental disabilities in our community. Activities include talent shows, arts & crafts, local trips, parties and dinners, shopping and much more.

The Leisure Club is geared toward individuals that are 18 years of age and meets twice a month on the second and fourth Thursday from 7:00 p.m. – 9:00 p.m. It is free of charge other than direct activity fees (such as dinner or admission).

**For more information,
please call (510) 747-7543 or TDD 522-7538.
This popular program currently has a wait list.**

CITY OF ALAMEDA COMMISSION ON DISABILITY ISSUES

**Openings available for people interested in
issues pertaining to people with disabilities.
510-747-4800
clerk@ci.alameda.ca.us**

HOW TO REGISTER FOR ARPD PROGRAMS

The registration form is available at:
www.cityofalameda.gov/recreation
or ARPD@ci.alameda.ca.us
ARPD office, 2226 Santa Clara Ave., Alameda

1. ONLINE

- Go to the ARPD registration website: www.arpdeplay.com

2. BY MAIL

- Fill out the registration form and enclose a check payable to ARPD or complete the credit card portion of the payment form.
- Mail the completed form to: ARPD, 2226 Santa Clara Ave., Alameda, CA 94501

3. BY EMAIL

- Fill out the registration form and the credit card portion of the payment form.
- Email to: ARPD@ci.alameda.ca.us

4. BY FAX

- Fill out the registration form and complete the credit card portion of the payment form.
- Fax the completed form to: (510) 523-4071

5. IN PERSON

- Registration may be completed in person at the ARPD office
- Hours of Operation: Monday – Thursday, 8am– 6pm.

City of Alameda Paratransit Shuttle

*"This shuttle gives me
independence! Thank you!"*
– City of Alameda Shuttle customer



*Transportation for Seniors
and People With Disabilities*

The Freedom to Ride



Got places to go around town? Gas prices got you down?
Does finding parking make you frown?
Take the FREE City of Alameda Paratransit shuttle.*

To register, contact the Mastick Senior Center Transportation Office.

www.AlamedaParatransit.com

City of Alameda Paratransit services are funded by Measure B.

*Must be an Alameda resident age 55+ or East Bay Paratransit certified.

ARPD REGISTRATION FORM



REGISTRATION FORM

Alameda Recreation & Park Dept.

2226 Santa Clara Ave., Alameda

(510) 747-PLAY • www.cityofalameda.gov/recreation

ARPD@ci.alameda.ca.us • Like us on Facebook: playARPD

Classes, Activities, Sports Leagues	Senior Center Activities/Classes
Online: www.arpdeplay.com	Email: ARPD@ci.alameda.ca.us
In Person or Mail: ARPD Office 2226 Santa Clara Ave. Alameda, CA 94501 Phone: (510) 747-PLAY	In Person or Mail: Mastick Senior Center 1155 Santa Clara Ave. Alameda, CA 94501 Phone: (510) 747-7500

- Full payment is due at the time of registration. Checks payable to ARPD. MasterCard, Visa credit cards accepted.
- All registrations receive confirmation.
- Activity withdrawals can be made by phone or in person with a \$15 processing fee. The remainder of class fee will be placed on your account.

Parent/Main Contact Information

Last Name _____ First Name _____

Address _____ City _____ Zip _____

Phone _____
Home Work Cell

Email Address _____

Emergency Contact Name & Relationship _____ Phone _____

Secondary Contact Name & Relationship _____ Phone _____

Medical Information/Allergies _____

Participant Name	Birthdate	M/F	Activity Title	Class #	2 nd Choice	Fee
Total Fees Due:						

LIABILITY WAIVER

1. Undersigned hereby releases, waives and discharges the city of Alameda, its directors, employees, agents and independent contractors from all liability to the undersigned and/or his/her personal representation, assignees, heirs, and next of kin for any loss or damage and any claim of demands accruing or resulting from injury to the person or property or death of the undersigned, whether or not caused by the negligence and/or property of the city of Alameda, its directors, officers, employees, agents, and independent contractors.
2. Undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage, whether or not it is due to the negligence of the City of Alameda, its directors, employees, agents and independent contractors or otherwise while in, upon or about the premises of the City of Alameda and/or while using the premises or facilities or equipment or program transportation thereon.

PHOTO CONSENT: Undersigned authorizes the City of Alameda to use your (or child's/ward's) photograph in any future educational and/or community informational purposes, (including, but not limited to the website, Activity Guide or social media) produced by the City of Alameda.

☐ Check here if you do not give photographic consent.

CONSENT TO TREAT: I hereby give my consent for the City of Alameda staff to take me (or my child/ward) to the appropriate medical services and give appropriate medical authorization in the event that I cannot be immediately contacted. It is understood that the cost thereof will be at my expense. ☐ Check here if I do not consent to treat and I request that medical or surgical services be withheld.

Undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement has been made.

Signature _____ Date _____ ☐ Participant ☐ Parent/Guardian

☐ Check (payable to ARPD) ☐ VISA/MasterCard (Circle One) Credit Card # _____ Exp. Date _____

Name on Card _____ Signature _____

Address on Card _____

By signing, I authorize the City of Alameda to charge my credit card for the activity costs listed above.



Alameda Recreation and Park Department
2226 Santa Clara Avenue
Alameda, CA 94501

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RESIDENTIAL CUSTOMER

COMMUNITY EVENTS HOLIDAY EVENTS

Breakfast with Santa

All Ages, Saturday, Dec. 8, 10:00 a.m. – 12:00 p.m.
Albert H. DeWitt O'Club, 641 West Redline Ave.

Elves Workshop

Ages 3 to 5, Tuesday – Friday, Dec. 11 – 14, 9:00 a.m. – 12:00 p.m.
Godfrey Park or Woodstock Park

12th Annual Father Daughter "Stars and Hearts Valentine Party"

Co-sponsored by Girls Inc. and Alameda Recreation & Park Department
Grades K – 5, Friday, February 8, 6:00 – 8:00 p.m. (doors open at 5:30 p.m.)
Albert H. DeWitt O'Club, 641 West Redline Ave.

31st Annual Spring 'Egg' Stravaganza Coloring Contest

Grades K – 5

Splash Into Spring Egg Scramble

Ages: Walking to 12 years olds, Sat., March 23, 10:00 a.m. – 11:45 a.m.
Crab Cove Picnic Area, 1252 McKay Ave.

Earth Day Festival – Free!

Sat., April 20, 10:00 a.m. – 3:00 p.m.
Washington Park

Mastick Senior Center Annual Fashion Show & Spring Luncheon

Thursday, May 9 at 12 p.m.
Mastick Senior Center Social Hall

FOR FULL DETAILS REFER TO PAGE 5

Website: www.cityofalamedaca.gov/recreation • E-mail: arpd@ci.alameda.ca.us
Phone: (510) 747-PLAY • Online Registration: www.arpdeplay.com